



**Self Awareness: Change your life in a day!
(Meditation for beginners, self help, stress, anxiety,
relationship advice, change your life today,)**

Abbas Momtazi, Andrew Hutchinson

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Are you really ready for change? - Or are you just trapped and fooling yourself?

"...thought provoking and moving..." **Mind Body and Spirit**

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We all claim we want to improve and better ourselves, become more aware of our inner self and the outer world, but for most it's just words as we continue to live in fear of what we might really find if we looked too closely. From the author of the acclaimed guided meditation 'Meditation Naked by Momtazi' comes this applauded accompanying self awareness book that will help you uncover many destructive patterns that go unrecognized. This is your first step to revealing ingrained beliefs that hold you back, and your introduction to the ultimate meditation.

Change your life in a day will help you find a new relationship with yourself and others. It will allow positive change into your life that you may never have believed possible.

This is a truly freeing experience that helps you move forward with greater insight, and understand why you make the choices you do, and why some of them are flawed.

How to use the book:

This book can be used on its own or along with the guided meditation 'Meditation Naked by Momtazi' It will take you step by step through a revealing process of self awareness as you uncover hidden thoughts and gain a greater understanding of:

- Relationship Breakdowns
- How to Change your Life
- Why things fail
- Finding Yourself
- Believing in Yourself

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Clayton Bruce:

In this period globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. Typically the book that recommended for you is Self Awareness: Change your life in a day! (Meditation for beginners,self

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