

INTRODUCTION

What you hold in your hands is the result of twenty five years of education, research, and the bounty of life's experiences. This journey has taken me through the halls of academia where I earned two undergraduate degrees and a master's degree in physiology including a post graduate thesis. Along the way there were certifications in both hypnotherapy and cognitive behavior therapy. All this was done because I had a hunger for knowledge.

This book provides insight into using your mind, body, and soul to develop self-awareness. True peace can only exist when all these areas work as one.

We will cover the three main areas of wellness - mental, physical, and spiritual. When all are in harmony, life balance, peace, and ultimate tranquility are achieved.

As a therapist, I understand the problems caused by stress in our personal and professional lives. In fact, emotions like fear, anger, anxiety, and resentment account for eighty per cent of all stress. We will uncover solutions to these age old problems by providing strategies and principles that can make your life better.

My intent is to provide you with a concise and easy to comprehend manuscript, supplying information to aid in informed decisions about your mental, physical, and spiritual well-being.

The information contained here comes not only from my own knowledge but also from the research I have done through books and investigations on the Internet. Also included are references to established authors and noteworthy websites containing incredible amounts of information.

This book is a synopsis of how I live my life. It does not contain everything there is to know about living, but it sure provides a good starting point.

It is not the end of your journey but a new beginning of personal growth and achievement. Use the information wisely as it can assist you in becoming the best you can be. The understanding which took me many years to acquire is yours within this book. I am no special person. I just figured out how life works and if I can do it, so can you.

Travel this road with me towards mental, physical, and spiritual harmony, and when you've reached that new horizon, celebrate a healthier you.

There are few guarantees in life but I will make you this promise: if you apply the techniques and strategies in this book, you can live your dream life, and accomplish anything you attempt.

Most of us have the ability to make a difference yet we choose not to. My dream is to leave the world a better place, to have a positive impact because I was in it.

Cary Summers