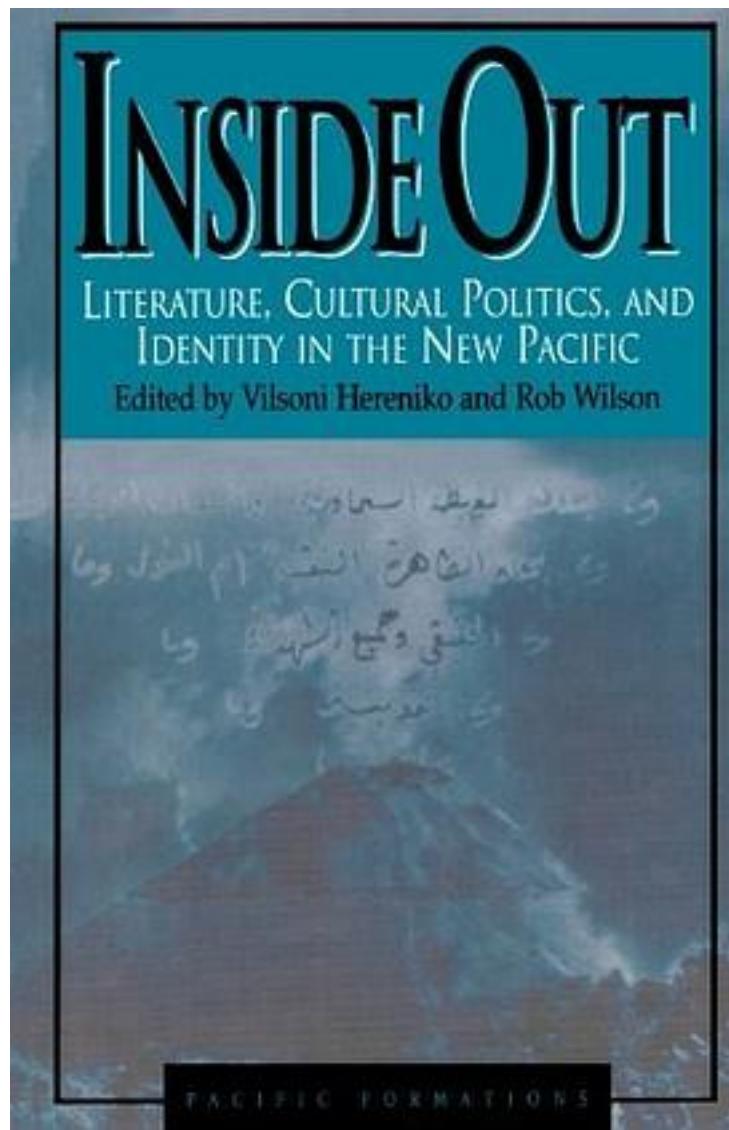


Inside Out



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In my journey of self-discovery, I have spent years studying psychology, personal growth, human performance, spirituality, and health and wellness. Through my own intuition and thousands of hours of contemplation, I have also developed concepts and tools not contained in any other book, CD or seminar. In writing this book, I have boiled down a lifetime of study into the "best of the best." This book contains a wealth of wisdom, written in a clear and practical manner. The secrets held within this book can yield immediate results in your life. You would have to read hundreds of books and attend dozens of seminars to discover all of the secrets contained within. This book provides dozens of simple yet profoundly effective tools that will help you discover your most noble purpose. You will learn how to live in a way that creates unlimited joy and fulfillment on your road to success. You will be introduced to POEMT- a powerful new success formula which will keep you focused on those things that matter most. You will embark on a grand adventure Brad Burke, D.C., M.S. is a Chiropractor who has studied human health, performance, and psychology for the past two decades. As a Chiropractor, Dr. Burke acknowledges the powerful relationship between body, mind and spirit. He has closely studied how our thoughts and beliefs effect our physical health and how the way we manage our physical vitality impacts our emotional and spiritual well-being. In addition to addressing the healing powers of the body through Chiropractic, Dr. Burke coaches clients in all areas of lifestyle, health and wellness.

作者介绍:

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