

Words can have a powerful influence over your mind. When used as a tool, words can help us to reach our goals by harnessing that power and channelling it towards changing negative attitudes and behaviours that have developed through poor word choices and undermining self-talk.

This little book packs a powerful punch and sometimes the most simple and straight forward process can have the biggest impact upon your life.

My Secret is Your Secret is straight forward, easy to understand and offers a meaningful process that can lead to positive behaviour change. Utilising established and successful visualization and self-talk tools used in mental training practices around the world, this collection of affirmations will change the way you look at yourself and your place in the world.

If you would like to improve your life in any way, this book can help show you how. You have nothing to lose, and everything to gain. Why not give it a try!

Kerrie is a health educator, professional counsellor and an International Certified NLP Practitioner. She has spent many years assisting people to reach their goals which she bases on her formula that comes from both a personal and professional aspect. Her vision is to empower readers to want to take better care of themselves by addressing long term behaviour change that will increase not only their quality of life but will also lead to an overall feeling of happiness and fulfilment.



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My SECRET is Your SECRET



FIGHT STYLE

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