



Help Yourself: Change Your Life (The Keys to Self Discovery): 21 Day Master Plan to Transform Your Life

Greg Parry PhD

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Many of us must have thought that there has to be more to life than the nine to five routines and the daily round of responsibilities that make up the greater part of our existence. Now there's an answer to that nagging thought and it comes from one of the celebrated pioneers of personal transformation, Greg Parry PhD, who shares his methods for personal empowerment and self-discovery in an inspirational guide to the workings of the human mind. Life can be so much more than you might have ever suspected and this guide to the rich potential of the human mind focuses on how to uncover the secrets of your own untapped potential.

The book discloses

The mechanics of accelerated learning

The methods of subliminal programming

The extraordinary power of the subconscious mind

The keys to self-discovery

A full twenty-one-day transformation programme

How to meditate

The doorways to the deeper self

How to gain access to the vast riches of the subconscious domain

Having conducted transformation courses for thousands of people from around the world over several decades, Greg Parry explores the essential methods for revealing the true self and offers a pathway to self-realisation. This translates into a richer experience of life, greater access to prosperity, more meaningful relationships, a deeper sense of personal fulfillment and a powerful source of energy that endows great patience, compassion and perseverance to the student who practises these life-affirming principles. These are qualities that make life a vastly more pleasant experience and fill every day with wonder. It is the pathway to our true selves and a brightly-illuminated avenue that makes our lives bright with purpose and understanding. In an age of constant distraction and the most superficial awareness of our true potential, the book is a wake up call to our deeper potential. It is a gentle call to live a life that shines with joy and complete fulfillment. It is a book that was written for you.

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