

What if you could empower yourself every day...

with 3 simple words?

Have you ever felt like you weren't good enough? Maybe you were picked on as a child. Or had abusive or neglectful parents. If you suffer from crippling poor self-esteem, you're not alone. Your life experiences may have taught you to block out the world with a protective shield.

But now you want more. You want to love and be loved. You want to feel respected and accepted. But to feel those emotions, you need to change your thoughts and beliefs.

For most people, change is difficult. Many of us know what we have to do but we stay stuck because of the fear of the unknown.

You know it's time to leave behind negative thinking, self-loathing, and self-destructive behaviors. You are ready to change and become the person you know you can be... a person worthy of self-respect and love from others.

Here is just a sample of what this remarkable roadmap will reveal:

- How your own words set yourself up for success...or failure
- How to leave behind the need to "numb out" forever
- The secret to the hidden enlightenment and love in all of us
- Discover where and how your change needs to start
- Unlock the secret of true change with S.E.L.F.
- The vibration in the Universe that unlocks everything
- Techniques you can begin today to retrain and reprogram your mind

Once you discover these wonderful secrets, you will experience peace, love, and acceptance. Everyone around you will wonder what caused this remarkable transformation.

Your answer? Three powerful words.

About the author: James A. Vera is a certified consulting hypnotist through the NGH and a master NLP practitioner. He is also a respiratory therapist and helps people stop smoking, make habit and lifestyle changes, and live their best life. James is also the author of *Hypnketosis*, praised by Joe Vitale as "*A true breakthrough in weight loss.*"