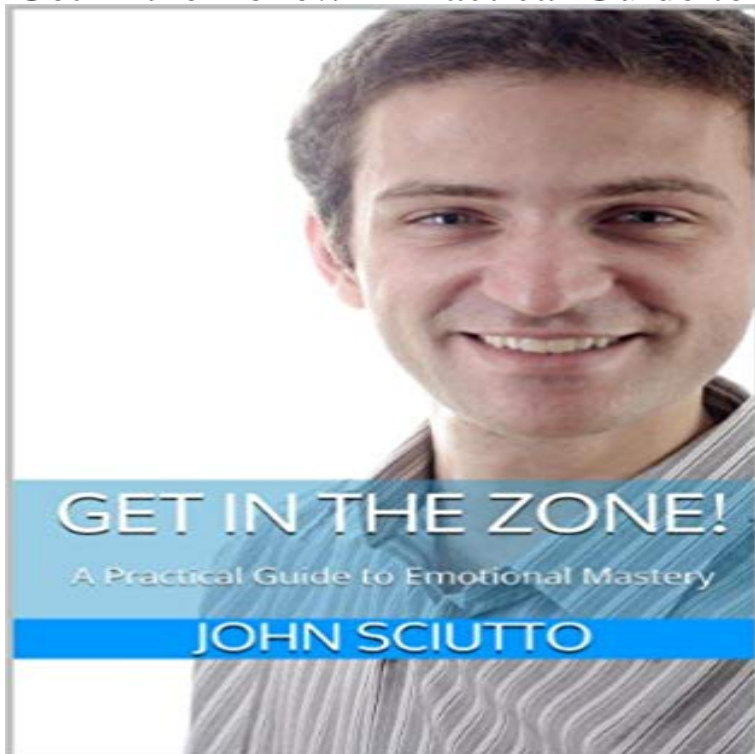


Get in the Zone!: A Practical Guide to Emotional Mastery



There is nothing more important than the way you feel. How you are feeling, moment to moment to moment, determines what kind of decisions you make, what kind of actions you take, how you take them, what kind of life you live and ultimately, what kind of future you create. Get in the Zone! is a practical guide to understanding emotions and feeling amazing. In this book you will find the tools you need to feel good in any circumstance. When you have the ability to feel good regardless of your circumstances, then you can create the circumstances you want. This book is a practical guide to: * Understanding what the Zone is * Understanding how your energy levels, thoughts and emotions relate to each other and to the Zone * Learning how to get in the Zone in a fast and easy way * Learning what it takes to stay in the Zone and live in the Zone * Learning how to Visualize when in the Zone to create the life you want When you have read this book you will be able to understand where you are emotionally at any moment and know exactly what to do (step by step) to get in the Zone!

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