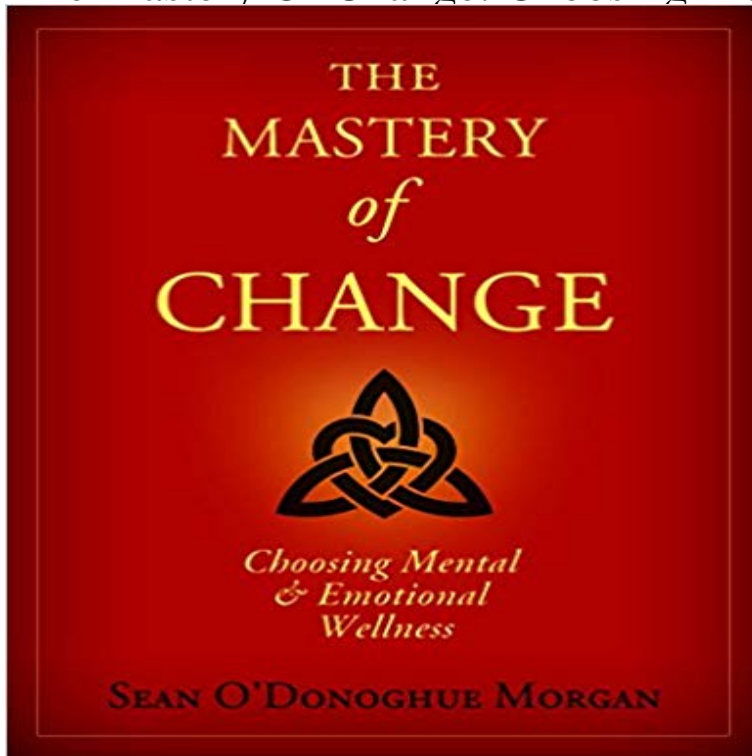


The Mastery Of Change: Choosing Mental and Emotional Wellness



Im Sean Morgan and my mission in life is to give hope to people who are looking for it. Ive spent years discovering the most effective methods for self-transformation and empowerment from ancient eastern traditions to modern western research. I had to go on this journey due to intense mental, emotional, and physical illness. Now Im sharing the most powerful insights and practices to provide guidance to those suffering with any or all of the following: low energy, low motivation, physical illness, anxiety, depression, and financial scarcity. The included workbook will guide you through the techniques that worked for me such as deconstructing beliefs, physical healing practices, visualizations, meditations, and journal reflections. You will also develop your understanding of neural pattern interruptions, emotional energy cycles, the correlation between social introversion and depression, and much more. By the end of this book you will know why patterns of negativity persist in ourselves and in the world. Second, you will understand what it takes to break free from patterns of victimhood, illness, depression, and fear. Third, you will have a toolbox of practices that encourage neurological and biological evolution and you will know WHY they work. Last, you will know what steps you can take immediately to start a process of massive transformation. Ive traveled the path from darkness to daylight, from the depths of despair to wellness of body and mind. I hope that you will learn from my mistakes and my successes. Check out the table of contents to get an idea of the breadth and practicality of my lifes work which Ive distilled into this workbook that I hope you will find intriguing yet accessible.

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