



The Freemind Experience: Seeing yourself as perfect and falling in love with life

Tom Mayer Fortes

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'This is the best emotional intelligence system I have ever come across.' -- Dr. Bal Rana PhD, Psychologist and Senior psychology lecturer

Discover how to be happy and at peace. Create a connection to your purest state of peace and happiness. Imagine yourself living fully and freely in the moment, utterly fulfilled and feeling vibrantly alive. This is The FreeMind Experience.

Combining teachings from the world's ancient wisdom traditions with the most effective rapid-behaviour-change techniques, hypnotherapist Tom Fortes Mayer presents with clarity, passion and playfulness the three pillars upon which all lasting happiness and success can be built:

Pillar 1: *Peace* – how to let go of the limiting thoughts, beliefs, feelings and behaviours that are holding you back

Pillar 2: *Power* – how to unleash your enormous potential and flow through life with brilliance by learning to relate to life in new ways

Pillar 3: *Purpose* – how to enjoy everything that matters most in life by experiencing more connection, contribution and celebration

Imagine yourself living fully and freely in the moment, utterly fulfilled and feeling vibrantly alive. This is The FreeMind Experience. This book ignites the flame of possibility inside us all.

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