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amazed by what he does (I recently shared how he gets 1 million visitors per month), and wanted to experience his coaching in person. A lot of my friends are big TR fans, and they all gave strong endorsements for UPW.

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- How to navigate, select, or reject the many types of investments available
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doctor, revealing the innovative steps he takes to prolong the lives of not only cancer patients, but those who want to enjoy a vigorous, lengthy life. Now Dr. Agus has turned his research into a practical and concise illustrated handbook for everyday living. He believes optimal health begins with our daily routines. *A Short Guide to a Long Life* is divided into three sections (What to Do, What to Avoid, and Doctor's Orders) that provide the definitive answers to many common and not-so-common questions: Who should take a baby aspirin daily? Are flu shots safe? What constitutes "healthy" foods? Why is it important to protect your senses? Are airport scanners hazardous? Dr. Agus will help you develop new patterns of personal health care, using inexpensive and widely available tools that are based on the latest and most reliable science. An accessible and essential handbook for preparing for visits to the

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doctor and maintaining control of your future, "A Short Guide to a Long Life explores the simple idea that a healthy tomorrow starts with good habits today" (Fortune).

Emotions are the driving force behind all human action and experience. The most sublime acts of creation and the most depraved behaviour are products of human emotion unleashed. And within each one of us is the potential for the whole range of those emotions. In INNER STRENGTH, Tony Robbins shows you how to master the powerful emotional forces that drive everything you do. In this new blockbuster Robbins takes you on a journey into your deepest self, and into the next stage of your evolution where instead of ignoring or suppressing your emotions, you embrace all of them, good and bad. Robbins challenges you to strip away your

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intellect and your daily routines to get at your essence – what's behind your drive to achieve? Is it the desire to find love? To raise your children well? To be financially free? What are you doing it all for? To get more out of life, you have to own your own nature.

INNER STRENGTH offers you a personal emotional fitness plan. This step-by-step regimen will help you discover which emotions dominate your life, and provide you with an emotional 'prescription' – an antidote to the patterns that have been holding you back. The 12-minute emotional 'workout' will transform your outlook and level of fulfillment in a matter of weeks. Harness the power of your emotions and you will not only be fulfilled, you will also achieve more and greater things than you ever thought yourself capable of.

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