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# Break Your Self-Help Addiction: The 5 Keys To Total Personal Freedom



## Synopsis

Stop Working on Yourself. Step Into True Freedom. Today. What if self-improvement is booby-trapped? And what if there is actually a way to change your life “ in all areas, all at once “ by finding and shifting the ONE hidden issue that has been creating all of the stuckness all along. Coming out of an abusive childhood and then living with the outcomes of that on-going pain, the author invested over \$300,000, 30+ years and tens of thousands of hours on self-help, personal development, and business/money/success courses “ as his life got worse and worse. Finding himself homeless, desperate, suicidal, and stuck, he experienced an awakening that took him from homeless to living the dream in Hawaii in less than 90 days. In that awakening, he was given the Level 5 Paradigm. Since that “miracle moment,” he has been able to help people around the world to take their first steps into true freedom. Break Your Self-Help Addiction: The 5 Keys to Total Personal Freedom will help you to: Access your Infinite Intelligence, Limitless Power and Ever-Present Guidance “ Shake off “ chronic anger, sadness and fear in seconds. Spot and dissolve the “hidden lie” in the majority of self-improvement work. End the cycle of hope > investment > disappointment of self-help junkiedom. Eliminate “the illusion of problems.” Get permanently “unstuck” and begin to consciously create the body, health, business, wealth, relationships, life and world of your dreams.

## Book Information

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## Customer Reviews

The self-help industry is bloated with so much "information", that even when people buy a product they rarely complete the material. Brian has smashed all that to bits! haha! He has figured out how to get you involved right from the start. Not only that - he makes it simple. So you feel naturally drawn to keep going. The nature of the material and the videos with Brian - make you feel like you're not on the journey all by yourself. And the reading is so easy - it doesn't even feel like you're reading! How "zen" is that?The other interesting thing - is you can go back to previous chapters and find new "layers" you may not have found on the first go. Personally, I think this is something that can be gone back to every few "cycles" or whenever we experience a 'new trauma' in our world. Injuries requiring self-help methods, seem to have layers. So it's nice to know you'll always have a resource to turn to... that doesn't require buying, yet another product. Self help, when truly dived into may not be easy - and Brian certainly has made it simple and kind of exciting! As a "self-help-practitioner" of 25 years, I haven't seen anything like this EVER... and I loved the process. hey - even we facilitators need facilitation. ;-)

Thank you Brian for sharing yourself, your Heart and your gift with the world.

I love Brian's refreshing take on the subject of self-help addiction, the "Creation" story, and the nature of the "spells" we are all under until we break free. If self-help books really delivered on their promises, there wouldn't be so many of them out there! I spent a weekend in Brian's company at a very small and intimate retreat, so I can vouch that his depth of knowledge, his compassion, and his talent as a healing facilitator are the real thing. (He wisely doesn't call himself a healer, acknowledging the truth that the healing power is within the person themselves.) Brian's explanations of who we really are -- unlimited energy beings made up of light and possibility -- and of how we created our own suffering by buying into rules and programs that don't reflect our true nature are fascinating. But better yet are his simple solutions. I won't ruin them for you by trying to say what they are because he does a much better job of it. Just buy the book!

Iâ™m not great at writing reviews, so the best I can do is talk about my experience of this book and Brianâ™s work. The best part is that, in addition to the information in the book, Brian includes links

to experiential videos that, if you participate fully in them, will move you light years. I broke through huge hidden beliefs and have shifted my mindset so that I now know everything is possible and that I am worthy and allowed to have what I want. If you have done a lot of personal development work, much of what Brian talks about will make sense to you. If you have explored the Law of Attraction, seen *The Secret*, attended the Centers for Spiritual Living, and read the work of Bruce Lipton, Gregg Braden, and the information about quantum physics, then much of Brian's work will make sense to you. If not, then it might be a stretch, but it's worth it because, in my opinion, he gets it right and takes it to the next level. I wish he had been doing this work 30 years ago when I first began my journey of discovery. However, I'm sincerely grateful I discovered him now because his work has completely changed my life. In addition to moving light years ahead of where I was emotionally and developmentally just a few weeks ago, my deep chronic low back pain (that made it impossible to get out of bed without severe pain) has completely gone. And I have no doubt that the fibromyalgia that has limited my life is also gone. It's only been a few days, but I know it won't be back. I am so grateful for Brian's work and recommend getting this book with all my heart. I know this book can change your life, because it changed mine.

I'm not a meatsuit! Brian's candid and insightful view of us self-help junkies really hits home. Having had some really bad experiences in my life, I have been on a quest for answers for nearly two decades. Like many other people who seek to improve their lives, I've tried many different modalities, but Brian's processes are unique. Not only did I read the book, I was one of the spellbreaks he linked in the book. I can honestly say that after the spellbreak, there have been major changes and improvements in my life and outlook of the future. There is a caveat that Brian does introduce in the book and one of his free YouTube videos: when the spell is broken, the s\*\*t can really hit the fan, as it did for me. It was a real eye-opener. I began to see the past truths of where and from whom these spells were derived, which started a journey through my childhood and adult relationships. All I can say is, if you take this route, purchase the book, and do the work, fasten your seatbelts because it could be a bumpy ride. In breaking spells that have bound me, I can look forward to a life of freedom, peace and achieving the life I deserve. There is enough really valuable content in this book to get started changing your life. My advice for the spellbreaks linked in the book, don't just watch them. Close your eyes and follow along. Pretend you are the participant, rather than just a viewer. Breaking even one spell and knowing the truth is well worth the price of this book.

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Exercises)

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