

# Making Life Better

## Book Offers Techniques For Self-Improvement

(NAPSA)—The ability to be happier, rechannel fears into something constructive, improve your health, remove barriers to your success and become more prosperous is all a matter of training your mind.

That's one of the key concepts in a new self-improvement book that offers readers personal development methods that are based on self-hypnosis techniques.

The book—"The TurboCharged Mind" (The Business School of Happiness)—also contains a number of techniques for creative visualization and other ways to reprogram a person's subconscious and rechannel untapped mental energies to enhance your ability to succeed.

### Subconscious Success

The authors, the sister and brother team of Dian Griesel, Ph.D., and Tom Griesel, have been described as the "New First Family of Health."

They contend that most of a person's daily functions are accomplished on a subconscious level and that you are what you believe subconsciously. They also hold that subconscious thoughts are capable of affecting you physically, as well as psychologically.

### Planting Seeds

The end of each chapter includes a series of "mind seeds"—key points intended to reinforce the main concepts in the chapter and serve as a mechanism for review.

For example:



**A new book contains a number of techniques for tapping mental energies and enhancing your ability to succeed.**

- "Everything I need is already within me";
- "Your self-image is the key to your personality and your behavior"; and
- "A healthy body is a requirement for a healthy mind."

Said Tom Griesel, "All change begins in our minds with the thoughts or 'seeds' we choose to plant there."

### Tested Techniques

The book builds on the themes put forth in other books by the authors, such as "TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust," "TurboCharged Recipes: Delicious Fuel for Your Fabulous Fat Burning Machine" and the soon-to-be released "365 TurboCharged Days."

To learn more, visit the website at [www.turbocharged.us.com](http://www.turbocharged.us.com).