

# Scripting Your Own Life

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Sad? Stuck? Are you at a crossroads? If your life is like a bad reality TV show and you feel like you know the rules of creating a life you love but haven't had success with it, something is definitely missing. When life reminds you of a bad reality TV show, a Dr. Phil style intervention is in order!

If only you could connect the dots between your brain, energy management and the problems that consistently dog you. It's time to bridge the gap between science and spirituality to help you understand what's going on in the grey matter and why &#x201c;wishful thinking&#x201d; doesn't always become actual results.

SCRIPTING YOUR OWN LIFE makes it easier for you to understand how to go front and center as the star of your own award winning reality. Take control of the scripts and create a life you love.

Author Tam Veilleux, certified NLP practitioner, long-time tapping trainer, workshop facilitator and speaker, takes the reader through a light approach in how your brain and your spirit are conspiring. Pulling together basic information that will help any person new to thought management better understand the need to reign in the negative and take a lighter look at life, Tam makes change easy.

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