



YOU *CAN BE* YOUNGER

USE THE
POWER OF YOUR MIND

TO LOOK & FEEL
10 YEARS YOUNGER IN
10 SIMPLE STEPS

MARISA PEER

Marisa Peer

You Can Be Younger: Use the power of your mind to look and feel 10 years younger in 10 simple steps



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The way we look and feel has very little to do with our chronological age: positive thinking and changing your belief system will be the most significant factors in staying young. In this exciting fresh publication, leading therapist Marisa Peer clarifies how you can arrest the ageing procedure by harnessing the energy of your subconscious brain. YOU COULD BE Younger contains a ten-step programme to instruct you how to: Retrain your mind so you can stay young and vibrant Use Marisa's cell regeneration therapy to counteract the ageing process Boost energy and visibly improve your skin's appearance Marisa Peer shares the secrets her celebrity clients know so that you too can appear and feel younger. By changing your thinking, you can transform your body and become physically and mentally at least ten years younger.



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Amazing! This woman is amazing and this book is amazing! A must go through for anyone who would like to appearance younger. I have been waiting for this since this past year when I ran across Marisa's strategies in her prior books YOU COULD BE THIN and ULTIMATE CONFIDENCE. Boldness has genius, magic and power in it. It was an abundance of new info, and every info was explained so well. I really like her style - she actually is therefore supportive and walks one through all that is in the publication. Our taste bud cells renew themselves every ten days. It is therefore empowering and positive and something which we are in need of so much to steer us today. Many thanks, Marisa. You make a completely new skeleton every ten years. When they stop growing they become old. Informative. Pg 10 Because the strongest force in the mind is its need to make us act with techniques that match our considering, it's important to change any negative thoughts, beliefs and expectations connected to ageing, and that means you must: Keep your mind on what you want and off everything you don't wish. — Shilpa Punater - Founder, Ageless Face A must read in the event that you feel a little lost Fantastic I recommend this book to everyone! I REALLY LIKE this reserve and appreciate the power it's demonstrated me that I've. - Wolfgang von Goethe pg 210 Five Stars Beautiful Amazing book! Marisa is exclusive in conveying the best equipment to self-help and get what you want in life, including being younger. p. Useful or not really?.. I am a qualified Marisa fan and this is my latest buy. Great ideas, easy to follow also to incorporate into your daily life. A great deal in life is out of our control but our thoughts, beliefs, actions are there and only we have usage of them. I am utilising all the information from Marisa peer every day. Below please discover some beloved passages of mine for your reference. Why not tap our own innate mind power for our healthful advantage? These principles were really help benefit and change anyone who . Depends Whilst I like it as much as any well crafted books on wellness, mindfulness and psychology, I'd love to read more scientific evidence on the author's theories. - Eldridge Cleaver pg 211 Whatever that you can do, or fantasy, you can, start it. In a nutshell, readable, particularly for those over 45 who has little medical knowledge. Go through this book, perform the exercises and you may love the outcomes. s. Readable. New skin is manufactured very month. A new liver is made every six weeks. The cells within our bodies are always fresh. This book is quite very inspiring and people who are young and not so young, should read it as well. Our blood renews itself on a monthly basis. Our attention cornea cells regenerate every 48 hours. The raw material of our DNA changes every six weeks. A new stomach lining is manufactured every 4 to five days. I LOVE this book and appreciate the power it's shown me that I've. Marisa Peer displays us how and explains it so eloquently. Pg 47 People don't get old. This is an awesome and uplifting book that I enjoy refer to again and again. Pg 97 You either need to be part of the solution, or you're going to be part of the problem. In the meantime, I like the "Exams for your biological age" very much, which include tests for stability, reactions, skin elasticity, flexibility, eyesight and so forth. I finished YOU CAN BE YOUNGER just now. Begin it now. Thank you!



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