

A woman with dark, shoulder-length hair is smiling and looking towards the camera. She is positioned to the right of a book cover. The background is a lush garden with various green plants and purple flowers.

**NOW
OR NEVER**
Your Epic
Life in 5
Steps

THE SIMPLE GUIDE TO GETTING
THE MOST OUT OF YOUR LIFE

**ALEXI PANDS
PRESTON SMILES**

FOREWORD BY THE HONORABLE JUSTICE

Alexi Panos

Now or Never: Your Epic Life in 5 Steps



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If you need to lead a perfect life, you must end up being the best version of yourself. Based on their 12-week successful on-line program The Bridge Technique, Now or Under no circumstances combines the couple's years of teaching into five principles that can help you navigate real life, discover ways to overcome your internal obstacles, and become your very best self. In the end of their soul-searching and personal advancement, they realized that these were missing a connection between mind, body, and soul. They read all of the best books in self-empowerment and positive thinking, required classes, and sought assistance, but there was always something missing. Alexi and Preston went through periods in each of their lives where they felt want they were doing all of the right things, but never got the required results. Filled with narratives and stories from the duo's personal lives in addition to from those they have helped on the way, Right now or Hardly ever shares exercises, insights, and challenges to assist you attain the non-public freedom you will always be searching for. Alexi Panos and Preston Smiles, the internationally recognized following generation thought leaders, redefine what's possible in human relationships, career, and existence. Alexi and Preston will probably be your guides. Choose your daily life. It's now or by no means.



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Summary: Get This Book Now or Never is a guide, that provides a clear and positive approach to participating in your own life, wholly. It isn't an idle examine, but an instructions for doing the true work. And, That's exactly why I respect the authors so much: They don't sit in the backseat of your vehicle, telling you, the actual driver, how to perform you. I've caused Alexi and Preston personally, and I can't explain how clearly their hearts and provider to others shine through this publication. I have read perhaps a huge selection of self help booksHave never come across a single like thisMakes total senseMakes you thinkMakes you changel have already been changed by it, for the betterGet itRead itDo the thinkingWow! It's Truth-or-Bust time, and this s#\$t's going to get good, but you've got to be present and participate.The chapters of Now Or By no means are segmented by key components they agree were important by themselves personal journeys to living fully." This is a game-changer. I pre-ordered it and was therefore thrilled when it got here just before Christmas. There's neither shame, nor shirking, in epic living, my friend. They spread out the map on the hood of your car, at a dusty diner/pit stop, somewhere along your route, plus they show you the most important parts to look for, before you get back when driving and hit the street again. They purposefully supply the reader space to experience and personalize the work, driving home the point: "Hey, this is your street trip, sister, no-one else's. LIFE CHANGING! It's not that the message offers significantly changed-truth will always be truth." But, in much cooler lingo...Best of all, they don't abandon you to the procedure, either. You're not only out there on a dark, desert highway. They're in this with you, but as your biggest cheerleaders, not annoying backseat drivers. However, if you're ready for massive switch, that is literally steps 1-5 to truly get you there. It cuts through the Tales we tell ourselves about why we can't have the life we wish and gets to HOW you change your existence right from the start.' If you've been searching for those who speak your vocabulary, you've found them. In the event that you aren't ready to do the task to change every part of your life that's not working out for you, this book is not for you. This simplicity not merely offers clarity, no matter where you are on your own journey, it also sets up the most important signposts or dots, enabling you to perform the connecting, personalizing the message.As for the authors: If you've not yet stumbled upon them on social media, or run across one of their previous books, Alexi Panos & Preston Smiles are two main players at the forefront for a whole new era of soul seekers. We got your back again. This book has opened my eyes, ears and has begun to open up me into exploration within these methods. But, the world has changed drastically, in only the last decade only, and this dynamic duo bring stuff up to speed in this arena. Every era needs a voice, and Panos and Smiles are gifted communicators on the message of soul work. Be prepared to face yourself in the mirror and take action. They're modern-day time prophets, reminding you of the truth – a bold, courageous, heroic choice nowadays. They are worth hearing. They actually have activities for you to do throughout the book, and that means you are applying everything you learn right away. This. Oooo and the Audible rocks ! because its the AUTHORS who examine it, not really a boring robot voice, that of pure passion and love! I have already been applying so several strategies to my own life (like centering when Personally i think anxious and having the ability to recognize what happened and the tale that I'm creating around it) and in addition share these insights with close friends who've found them valuable as well. no lotus. Preson and Alexi wrote the perfect book collectively!! It's deep!! Having browse Preston's book "Like Louder" and Alexi's book "50 Ways to Yay!", I knew a reserve they co-wrote would be AWESOME! Throughout, they've included on-going exercises to help you stay within this you-centered function, which further personalizes their message. They have done an AMAZING job of explaining how to get your life from where you're at today to where you want to be. The design of the book is right to the point and incredibly easy to read.! Definitely

a MUST READ! If you would like some ideas to get your life moving in the proper direction - this will provide you with some wonderful guidance! This book is bursting with wisdom and it's really written in such a fun way that it creates it a really easy and enjoyable read!! Get. In the event that you read this publication and apply it in your daily life, you're assured to see substantial growth! Continue truckin'.! This is undoubtedly the best book I have read in an exceedingly long time.! My relationships are enhancing daily and my general happiness is rising just because of the fresh perspective. PHENOMENAL Publication!! Book.! Fun & Powerful way to look at old habits and change to new means of living the life you want! I highly recommend this publication as an accessible read that offers so very much wisdom and practical steps you can take to step right into a more expansive version of you at this time! Alexi & Preston possess an engaging writing style - Personally i think like they are sitting with me as I examine - frequently teasing me to really pay attention and get it. Great combination of theory, real-life examples and exercises - this is a book that can help you dig in and change your life for the better. A must read! I REALLY LIKE this book I LOVE this publication. Each chapter is packed filled with with helpful equipment for understanding yourself better, for learning about how to relate to your feelings, your conditioned tendencies and the stories you create. Wow.#truth--Erin Barrett@decantrix What a book! Love the energy in the simplicity! They present us how we each possess everything we have to change any concern that we're unhappy with. They are things that many of us aren't formally taught and so I'm therefore grateful that Preston and Alexi are teaching us! No mud; This content of this publication and their work isn't the same issues you hear over and over again in personal development books. This book is definitely a must-read for anyone looking to discover, understand, clarify or just get worked up about their lives, their purpose and their 'contacting. It is not a publication for the fragile of heart. If you need to stay a victim, possess everyone around you listen to the same sob tale about how your life is indeed hard, this book is not for you. I highly recommend scrolling up now and clicking "Increase Cart. Their energy is truly infectious, encouraging, refreshing, and its own palpable in every sentence, on every web page. As they say, the method that you do anything is normally the method that you do everything. They are hipper-than-hip, charming, sparkly, and yet undeniably and deeply authentic, grounded, and caring. A guidebook for how exactly to arrive in life. Definitely a book I will be using again and again to guide me along the way. Amazing Alexi and Preston are so right down to earth and motivating! Exceptional read and puts a great perspective on everything lifestyle! EPIC! Love, love, love! < I enjoy listening to this during a hike to keep me motivated, because also their voices are inspiring.!! I've this book on Sound, and I recommend it this method. Most of the wonderful, well-known authors in this genre still resonate, universally.3 and I recommend it this way WOW! I recommend reading or hearing this and carrying it out and putting it out to see in front of you everyday to remind yourself the work youre doing. Its essential. Five Stars ?? Five Stars Amazing!! It certainly makes you feel just like you are right there in person with Alexi and Preston at one of their workshops.!! With a clean fresh aproach to personal advancement, the practical tools that I have been provided inside this book are truely transforming how I show up to my life.! Five Stars This is a wonderful book for anyone on the journey! MUST Go through! It's deep! Y'all! Many thanks! Inspiring and motivating examine! The ideas and exercises will definitely get you stepping into development and releasing your fears!



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