

*Becoming a Better You* is a conscious journey of self-development with practical and accessible tools, exercises and practices for uncovering and eliminating blocks and barriers to living a full, rich and productive life. It follows a methodical, constant questioning and self-examination, requiring perseverance, focus and a constant awareness of one's thoughts, emotions, and body; including one's breathing. This book will help the reader realize their full potential – moving from self-deceptions to one's own destined perfection, by looking at an issue from every angle and asking the questions that really matter, which will help change one's life.