



# **Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence)**

*Nick Long, Ruby Olson, Wendy Larson, Mary Jones, Tonya Davidson*

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## **BOOK #1: Meditation For Beginners: 45 Meditation Tips for Better Focus, Less Anxiety, Improved Memory and Quiet Mind**

Meditation can bring amazing benefits into your life. If you are stressed, coping with constant anxiety, struggling with depression, want to increase your creativity, or just want to be happier, then this e-book is for you.

What are you waiting for? Find out the secret of 5000 years worth of people. Find out why meditation has survived through the ages. It is a great way to holistically treat your anxiety, depression, and other conditions. It is a great way to condition yourself to have better concentration. It is a great investment in you!

## **BOOK #2: Meditation For Beginners: 45 Meditation Tips for Better Focus, Less Anxiety, Improved Memory and Quiet Mind**

What is meditation? In this book we will try to explain the answer to this question. By reading through our 33 meditation tips, you will gain a better understanding of how to find your inner self. Along the way, you can follow our instructions on various ways to enter a state of meditation.

## **BOOK #3: Yoga For Beginners: Learn How to find your Inner Peace, Diminish your Stress level and Heal your body while Practicing Yoga**

Finding true relaxation within the parameters of a healthy form of exercise is like hitting the spiritual, emotional, and physical trifecta. Yoga For Beginners will take you in completely different place in your mind and challenge your body. Yoga is an ancient form of meditation and physical exertion that will help the mind as much as it will the soul.

## **BOOK #4: Emotional Intelligence: 29 Steps to Higher EQ: Gain Skills to Perceive, Understand, and Respond to the Emotions of Others**

Emotional Intelligence is not a new concept. Popularly known as EQ, it has surpassed the more traditional IQ or intelligence quotient, in your dealings with other people. Clever people are great, but they are not always very nice people. This is the main reason that investing in your EQ is very important, more so than even a high IQ!

## **BOOK #5: Emotional Intelligence: Find Out the Factors that Determine Your Success. Increase Your EQ and Master Your Emotions with This Great Workbook**

The amount of emotional intelligence that you have is based on many different aspects. Empathy, motivation, personal goals and self-mastery are all concepts that are associated with emotional intelligence. Take your own personal assessment and identify different areas of your life that may need improving.

## **BOOK #6: Tapping: Learn How To Get Started With Tapping And Improve Your Health, Wealth, Relationships And Level of Happiness**

Then Tapping might be the answer! Tapping is a systematic approach to improving your well-being by tapping on the meridian points of the body. In ancient Chinese practices, there are over a hundred meridian points on the body, but you'll be using nine to ten of these to help relieve your anxieties and fears.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**From reader reviews:**

**Lucille Wood:**

The feeling that you get from Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence) may be the more deep you searching the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to comprehend but Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence) giving you excitement feeling of reading. The article author conveys their point in selected way that can be understood by means of anyone who read it because the author of this e-book is well-known enough. This book also makes your own vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this particular Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence) instantly.

**Earl Austin:**

Playing with family within a park, coming to see the marine world or hanging out with buddies is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence), you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its known as reading friends.

**Jennifer Klein:**

This Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence) is new way for you who has intense curiosity to look for some information because it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know otherwise you who still having little digest in reading this Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence) can be the light food to suit your needs because the information inside that book is easy to get by simply anyone. These books develop itself in the form that is reachable by anyone, sure I mean in the e-book form. People who think that in publication form make them feel drowsy even dizzy this reserve is the answer. So there is no in reading a reserve especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the idea! Just read this e-book sort for your better life as well as knowledge.

**Brandon Seymour:**

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