

# A Life Unchained™

*Breaking Free From All That Holds You Back*

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*I have found that the way I experience life depends upon the thoughts I have and the emotions I feel. When I am angry or upset, everything around me appears negative. When I am happy and content, everything around me seems positive and beautiful. Since it is my choice what I think, it is my choice what emotions I feel. If I can choose my emotions, I can choose the world I see around me. Therefore, it is my choice whether my life-experience is a heaven or a hell.*



**M**ANY OF US ARE CURRENTLY experiencing a life that is chained to the confines of conventional wisdom, societal expectations, social norms, and the sometimes best-intended advice of our friends and family. These traditional views imposed on our lives can force us into thinking, believing and acting in ways we are “supposed” to. This approach to life creates unnecessary stress while tempering our dreams and our ambitions, and limiting our perceived ability to achieve the success, joy and happiness we are capable of attaining.

In contrast, *A Life Unchained* approach to existence encompasses a series of personal development and life enrichment philosophies that promise to enable anyone to break free from the chains that keep us from living the dream life we desire and deserve.

The first step to breaking free of these chains is learning the concept of “managing your spheres.” *The Spheres Approach to Happiness and Fulfillment* is intended to be an uplifting and empowering message that teaches how to separate ourselves from the stress and negativity that bombards

us from the outside world. Once relieved of these negative influences, the Spheres Approach empowers us to overcome the self-effacing thoughts and emotions that come from within.

Harnessing the power of a few fundamental principles, or Universal Laws, can help you to unlock the positive side of every challenge or struggle placed before you. This is a book that reminds us that the most fulfilling and enjoyable life can only be achieved when we learn to be a constant source of love, compassion and positive energy for others. Every word we say and action we take can have an effect on the world around us. When managing our spheres, we ensure that our affect and influence remain positive and uplifting for all involved.

My personal mission as an author and professional speaker is to **educate, empower and inspire others toward a happier and more fulfilling life.**

