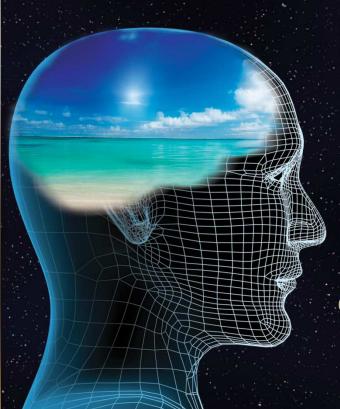
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Into



"Exactly Why You Are Not Successful Yet!"

Contains the missing piece of the puzzle which you have been searching for...

by Andy Shaw

A Bug Free Mind

Special Report

Into.

"Exactly Why You Are Not Successful Yet!"



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Contains the missing piece of the puzzle which you have been searching for...

What you will get from this report:-

- The exact reason why you are not successful
- An understanding of how it happened
- A map of where you are now and how to get back on track easily
- A tool which is all you will need to achieve what's needed
- A tool which will mean you can see where others are in life too
- An epiphany understanding which will shape the rest of your life

Sections

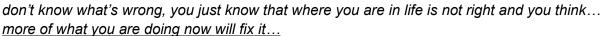
- Section 1 Free your mind and your mind will free you
- Section 2 Your mindset and the difference between hardware and software
- Section 3 Two steps back, one step forward why you are going nowhere and how to change it
- Section 4 How success begins
- Section 5 The paradox of learning How learning more is hurting your results

Section 1 - Free your mind and your mind will free you

Do you want to know exactly why you are not successful yet? And exactly why as each day passes, you actually get further and further away from ever becoming successful?

Of course, that's why you're here now... You asked your mind to solve the problem and your mind has brought you to here right now. Let me remind you of how you feel right now...

You feel stuck, you feel trapped, you feel the missing piece is just around the corner... You





The reason you think that is because you think you have no other choice. What else do you do, as the voice in your head is telling you that you should keep trying to do more of the same stuff!

But it's not worked before, you've learnt shed loads, so why should anymore make any difference. You are doing the same thing and *'hoping'* for a different result. Why are you following this insane path, well what other choice have you got?

So you currently think by learning more you will solve the problem, but instead the paradox is that you are just digging in deeper and deeper. As each day passes your chance of ever regaining your <u>natural success instinct</u> diminishes – **YES YOU ARE NATURALLY SUCCESSFUL** – call anyone a liar who tells you otherwise! You just forgot how to be many years ago...

Like everything... If you don't use it... You really do lose it.

READ THIS BIT... It's somewhat important! Ok, are you ready to find the missing piece of the puzzle? This is the bit that explains why you are not there yet? Why no matter what you do, it just won't work? Why no matter how much knowledge you cram in to yourself, you just won't do it? If you don't know the answer yet, then you are in for quite a treat today. You may want to make a note of the date as I'm about to reveal something to you which has the power to shape the remainder of your life and all those around you... That's if you can allow me to of course... Because in the next few minutes you are about to have an epiphany moment... However, it may take you a while to recognise it as one. Some people get it instantly and with others it's a bit of a depth charge... I suggest you just relax and let it happen. I truly love these moments in life and it gives me great pleasure to present one to you today... Enjoy;-)

Shortly I am going to define for you the reason you are not successful yet, and give you the technique you can use today to change it completely. When you can see the problem then you can start to fix it. Until then, you just whine and say thing's like, "I keep trying and trying, but I just don't seem to be able to make it." Yes that's right, because you are trying to fix the wrong part of the engine. You need to fix the right part! Currently you think you sort of know what the problem... you don't! But you are about to!

In your search for success you think you need motivation. You don't, that's the last thing you actually want despite what all the experts have told you. What you are looking for is inspiration, as one drop of this magic stuff will keep you going for the rest of your life. *Always remember motivation is weak, inspiration is power.*

Here goes, and stick with it this entire report may even give you multiple epiphany moments if you slow down enough to digest it...

It is estimated that we have 65,000 thoughts in a day. That's all of us, however, I have no idea if that number is right or wrong... But the number is not the important bit, what is important is that research has been done which shows that 65% of our thoughts are negative... At this point I knew I'd found something important which would help people, because this number <u>is total</u> <u>bollocks!</u>

How can anyone on Earth say that 65% of all people's thoughts are negative? Every single person is different, and the older you get, the more negative you become (not exactly rocket science is it!)... I got it at this point and figured a way to point out the reason for you not getting to become successful in your life in order that you can reverse the problem. This was my epiphany moment...



Ok, firstly as my book readers and site members know, I repeat often the core of what I teach...

Side note:- And for a second forget the techniques and the tools, as what I teach is in no way as important as the way I teach it. The way I teach it means that you can apply it... THAT's what's important.

Here's the core of what I teach...

No thought stands still, a thought either takes you towards where you wish to go or away from it. So all you need to do if you wish to become successful is spend some time inside your mind weeding out or de-bugging your mind of all the thoughts which do not help get you where you want to go.

Don't underestimate this because of its simplicity - it is THE answer. All the mystic teachings will teach you that the solution is always the simple one. Your powerful natural successful mindset has gotten you here. But how? ...Simple, you asked it for the solution and it provided with what I'm sharing with you today... Your job is to not let the noise in your head detract from the answer you asked for



You see, our minds get bugs or weeds in them which slow us down to a crawl and then kill off our dreams. You think, *'I'm not getting anywhere!'* or *'I'm stuck!'* Well isn't it obvious now why?... Because 65% of your thoughts are going backwards whereas only 35% are going forwards.... Net movement forward -30%! (This gives you the appearance of being stuck).

Think about it, you've read book after book in the last few years, attended seminar after seminar, tried this and that and where has it

taken you? Nowhere! At best you have the appearance of moving forward, but the price you paid was years of your life. And in fact you will have lost more than you gained, except to you it may right now appear you have gained. However, when you look back aged 70 then it'll be clear that it only appeared that you gained. Whereas in fact you lost ground every year... You're not stuck, far from it, you're going backwards.

Now just for a second can you imagine how far you could go if you were aware of all of those negative thoughts which are regressing your life? And how far you could go if you could reduce and virtually eliminate them? What about if you could get your percentage of positive thoughts to the same level as when you were a child? (You may want to ponder on that for a few seconds.)

Just think about it a child has virtually no negative thoughts... So they think 95% forward thinking, 5% backward thinking, net movement 90% forward.... Wow! Having the positivity of a child in the body of an adult - wouldn't that be powerful? But it's impossible right, as there's far too much bollocks gone on in between?

No, actually it's entirely possible and easily achievable when you apply the technique I'm going to give you here



today. And of course there are examples of this happening around us... and we don't have to A Bug Free Mind – Special Report – Into, "Exactly Why You Are Not Successful Yet"

look far to see them; Donald Trump, Richard Branson and **all** of the other successful people out there. They think as do I, 95% forward thinking, 5% backward thinking... It's obvious now isn't it? Your mind is not thinking this way, which is why you are not successful yet.

You always knew they thought differently, but you just didn't know how they did... Well all that's different between you and them is that they never lost their natural success mindset. You did and you can find it again as I did. You see, my advantage was I was successful then lost it, then found it again. And I discovered that my greatest joy was teaching others how to find theirs again too. You really can get your natural success mindset back, the mindset you used when you learnt to walk!

So if you want that natural success mindset again that every single person on the planet once had (including you), then you may just want to continue reading.

If you want to become a success and you've been trying to make money, then maybe now you can see that success doesn't start with a money-making scheme... It starts in your mind, nothing starts anywhere else. A money-making scheme is just software which you load onto a computer when it 'doesn't' have a virus.

Section 2 - Your mindset and the difference between hardware and software

I was asked yesterday if people should not do NLP as was my stuff better?

I said no, they were looking at it the wrong way, NLP is just software. I used to teach Property Investment, this was just software too. Share trading is software, building a business is software.



Whereas regaining your natural success mindset is fixing your hardware. Remember you already have it; you have just loaded in lots of junk which means it doesn't work anymore. You just need to clean out the junk and your mind will work again... Isn't that how every computer problem is fixed?

Currently your hardware is stuffed and you don't even have an operating system. Because no one's told you you need one. However, every successful person has one. So first you fix the hardware by removing all the bugs (*Creating A Bug Free Mind*), then you add in an operating system which works (*Using A Bug Free Mind*). Then you can install whatever software you choose...

That's the difference! Everyone is trying to become successful by adding in software onto a system that doesn't work. It used to work, it worked when you added in the *'learn to walk'*

software...' So all you have to do to change your results is... Fix the system, then everything you do will work! This is a powerful point, you may wish to read it again and think about it for a while.

You've been trying to fix a hardware problem by loading on more software –

Side note:- Don't let the one person in 1,000 who actually becomes successful from loading on software convince you that it works. They were the exception to the rule. We the people who are still able to access their natural success mindset, failed the system, you succeeded. Every system has a failure rate and we, the people who still have our natural mindset, are the failures. The one person in 1,000 who succeeds would've succeeded anyway as they still had their success mindset and were just waiting to put the pieces together... Statistics say that the chances of you being one of them are minuscule at best... So don't take that chance, become successful on purpose... Take control.

Your foundation for success is the mindset you had when you learnt to walk. Just imagine how powerful you would become if you had that mindset again and you loaded some money-making software into it...

You show me a successful person and I'll show you how it started in their mind and how they created their success from there with the mindset they were born with!



If for a second you think, 'No my success started when I got this', then go deeper into the initial spark... As it started when you altered your mindset and started to think more positive thoughts than negative ones – which is your natural success mindset.

Section 3 - Two steps back, one step forward - why you are going nowhere and how to change it

So 65% backwards and 35% forwards, or two steps backwards and one step forwards. Net progress means that you're going backwards...your life is regressing. This is why you cannot ever



find the success you seek... and you are looking for the solution in the wrong place.

It becomes mathematically obvious when you think about it like this. And clear to see that if you think negative thoughts 65% of the time then your life will slow down to a crawl and then end up going nowhere. Which of course gives you the appearance of your life being stuck!

Now getting back to the figures being bollocks...

The reason the figures were rubbish was because they were based on *a one single universal average person...* What a load of rubbish, how does that help us???

What does help us though are some more bollocks figures which are my gut feelings, and as those who know me, know they may be just my best guess but I'm a pretty good guesser... So these are a pure guess, but they are based on my life long personal experience of talking to and observing thousands and thousands of people.



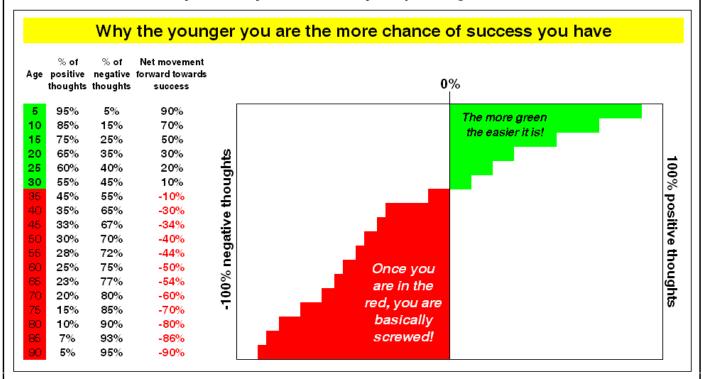
I've put Success Mindset Map together to show you what I think are the average percentages of positive thoughts for different ages. We are all on this chart somewhere (all includes you and includes Donald Trump and Richard Branson), just because you are 45 years old does not mean you have 67% negative thoughts, it just means that's my interpretation of the mentality of that age group.

I want to reassure you that there has been zero technical research done here... So I'm not using statistics to back this up, these figures are all my gut instincts, although you'll see they make pretty good sense. This is only a tool to point out the problem to you which you currently cannot put your finger on. Well now you will be able to, as it is a graphical aid to aid you in relearning how to use your natural success mindset once more. I put together the success mindset map below to visually identify the problem for you.

The Success Mindset Map

Do you want to know why you're not successful yet?...This is why...

This is the missing piece of the puzzle, it is the answer you have been looking for as to why you cannot obtain success... Study this chart, understand what it shows you and you can finally stop being unsuccessful



And the solution?

Simple! It is to de-bug your mind and get back the mindset you had when you were a child - Which is the process I've developed in...

"Creating & Using A Bug Free Mind"

IMPORTANT DISCLAIMER

Now all of those figures are just assumptions, there is no research done on this in a laboratory at all. This shows the pattern of the build up of junk on your mind as you age, these figures are based purely on my own interaction with thousands of people throughout my life. They do not mean that just because you are 45 years old that you have a net progress of - 34%, you could be worse off or better off.

So this chart can ONLY help you if you decide it can, if you decide it is bullsh't then you are of course correct, as it will be bullsh't for you. If you decide it's a fair representation of how the build up of negativity in your life has grown since the time when you first were able to walk then you are right as well.

This is a visual representation of the problem all unsuccessful people have. Unless you are suicidal you fit somewhere within the red and the green on this chart.

65% of thoughts being negative is a guess of course, however, they do not take age into the equation. If you only tested 5 year olds, then probably 95% of their thoughts would be positive. If

you tested 20 year olds, then 65% of their thoughts would be positive. Of 40 year olds, 35% would be positive, of 70 year olds, 20% positive and people close to the end of their life 5% would be positive.

Now all those figures are pure assumptions and averages so they do not represent a person, they represent an average person at that age and I use them merely to explain the point to you. This is the interesting trend which changes things.

You see as a person ages, and their knowledge and experience grows, then their ability to produce results diminishes to a crawl and then starts to go backwards. Then it gathers pace around milestone birthdays... Now you instinctively knew all this, you'd just never put your finger on it.

You think by adding in more knowledge it will make you successful. However, if that were true then the most knowledgeable person on Earth would also be the most successful. This is all wrong; you have learned success the wrong way. You have to go back to your natural success mindset to re-learn how to use that instead, and then success becomes a by-product of being awake, as it is for all successful people.



You see our minds get bugs in them which slow us down to a crawl and then kill off our dreams. You think, 'I'm not getting anywhere!' Well isn't it obvious now why?... Because 65% of your thoughts are going backwards, whereas only 35% are going forwards.

Now I suggest you go and find yourself on the chart. Start with your age and see if the figure feels right. If you think positively then you'll need to pull yourself back. If you think negatively then you'll need to drag yourself forward... If you look at your age and ask your subconscious mind to tell you, then you will be pretty close.

No one's testing you here, remember you are not in competition with any other person on Earth, you are in competition with you! You are attempting to put your finger on the problem so that you know what it looks like. As when you know that, you can start to fix it and you can track your progress on the chart.

Now forgeting competition as that is unimportant, other than as a guide to how well you are doing. Let's consider a few other people, where would you put the mindset of these people on the chart:-

- Donald Trump
- o Richard Branson
- Me Andy Shaw
- o The most successful person you know personally
- The most unsuccessful person you know personally
- Your partner
- o Your children
- o Your best friend
- Your parents alive or dead

Remember you are not judging them, as *judgement is weakness and observation is power*. You are observing them to aid you in identifying where you are in life, so that you can clearly define what you need to do to become successful.

I suggest you pause here now and go and spend 5 minutes seeing where those people are on the success mindset map. Do that now as it will aid with a deeper understanding of what follows.

Section 4 - How success begins

Every single successful person either started to work on their mindset either on purpose or by accident. Not one of them had the success then started on it. However, because this obvious reality is obvious it does not become clear to the unsuccessful masses. They, and probably you, still believe success starts with being successful.



Success starts when you control how you think, it begins when you think predominantly positively against predominantly negatively. If you doubt this for a second, then think about how you thought or must have thought when you were very young. It was all positive until adults or other children started to affect you. This is our natural state by the way, where we are now as a race is not natural. Unless you are successful then you are currently outside of your natural state.

But understand this, you can be a success in one or more areas and still be a failure in one or more areas too. We are only out of our natural state when we are not a success at something which we desire to become successful at...

Now please don't cluster this explanation together. An example of what I mean by that is an athlete trains for years to become a success, when they are on that path they are in their natural

success mindset. Just because the result has not happened yet it does not mean they are not in their natural state...

Now, this chart can also be used not just as a general position of where you are in life, but where you are in every element of life too. What I mean by that is take an area you are successful in, say a relationship, and work out how old your success mindset is for that element of your life.

You will notice that even though you may view your life generally in a negative position that there are many elements of your life which are very much in the natural success mindset area.

Now when you have de-bugged, all you have to do is transpose that natural success mindset from something you are good at and put it onto something you wish to be good at. And voilà! You instantly feel that you can become successful at it again... You're older now and can't remember it, but this is the same feeling you would have had when you first desired to learn to walk.

Think about when you were 20, full of life ready to take on the world. Then think about how hard it is to do anything when you hit 40, so many pressures and problems holding you back. Now think about if you were 70, the thoughts inevitably going towards your own mortality, attending far too many funerals now.

Now imagine being in the final years of your life... Everyone sees how negative most old people are, they are not one to one, but have you noticed how much their thoughts and words are negatively based?

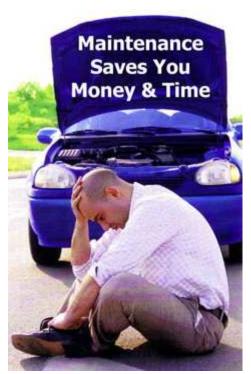


Do you think these thoughts are aiding their life, or bringing it to an earlier demise than necessary? I don't think any sane person could say it was helping anyone, and it hasn't helped them for their entire lives. However, nothing stands still, so if it isn't helping then it's hurting. This is inescapable and just because it cannot be backed up with medical research does not change the fact that it is obviously right. You of course already instinctively knew this. The bullsh*t stuff

we are fed every day prevents us from thinking clearly and knowing the truth when we see or hear it.

So at least 65% of your thoughts are hurting you which means you are slowly moving backwards not forwards (pretty easy to see why you feel stuck). Or if you are above average then it means you may just be scraping by, but you are not moving forwards fast and you will not be moving forwards for much longer, as with every year you get slowed down by the build-up of junk in your mind... It really becomes so clear when the problem is exposed doesn't it?

But that's right, finally the next reality may have begun to sink in... "It will not be better this time next year. Nope, it will be worse..." That's how it works when you allow it to build up...



This is exactly the same effect as not servicing your car, eventually it breaks down and can't be fixed. Eventually your life breaks down and you give up. At some point, usually in your 50's, you will simply give up trying to become successful. If you doubt me, then I can cite billions of unsuccessful people who have given up, as can you!

This virus in your mind is robbing your life; you have not serviced the engine which defines your life. So you are now stuck and have no idea how to get unstuck... You are lost and have no sense of direction; you know, or rather you think you know, what your success looks like.

However, because you have no sense of direction, you can't find your way there. So instead you go and try and make money... as that's what your mind tells you will work. All this is, is treating the symptom, not the cause. You are trying to fix a hardware problem with software...

Again, it moves into view and becomes more obvious now as to why it hasn't worked.

Look, let's say you have an illness and you have to take medicine for it every day for the rest of your life to keep it under control... This is treating the symptom. Let's say the illness is 'Gout' and it's caused by drinking red wine. Each day you treat the symptom by taking a pill to ease the pain. However, if you removed the root cause of the problem by stopping drinking the red wine, then you wouldn't need the medicine (your medicine is another product, another idea, or some other software you haven't tried before).

Another way to describe it is, you go to the Doctor and say I keep hitting myself on the head with this hammer and I've got a blinding headache, and the Doctor says, take these pain killers ;-)

By you looking to treat the symptom (no money), then making money is treating the symptom only. You will make a bit more money (maybe, and only maybe). Whereas if you remove the reason why you can't make money, or find a life partner, or win fights, or start a business, or quit your job, or get more acting work, or whatever your success looks like (we are all different)...

Then by simply removing 95% of your negative thoughts daily, the problem goes away. Simply by you being in control of the thoughts you allow into your mind, just by asking if each thought in turn helps you or hurts you. Then you will very soon have regained all the natural positivity you once had as a child. Yes it is this simple...

Now, do you seriously imagine that with the mindset of a positive child, with all you know and have read in books, let alone what you have access to now, that you could not actually become successful?

If you doubted it at all, then that's your ego which is your self-limiting belief showing itself... Removing that is for another day, I just thought you should say hi to what's really holding you back. That invisible nutter in your head is what's



holding back each and every person on Earth!

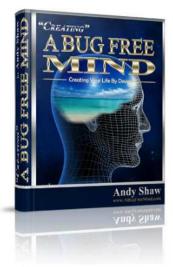
Back to the point. If you had that 95% positive mindset, what about the obvious health benefits of putting down your negative thoughts and filling your mind with positive ones... What do you think that will do for your life? Do you think there is one single bad thing which would come out of ridding yourself of this virus?

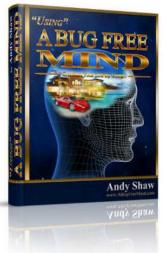
Of course not. It is all good, which is exactly why I wrote my books to service your mind and give you back the mindset you had as a child, yet leave you with all the power you have as an adult.

You can get your mind back there just by using this one technique and repeating its use until you have removed the non-beneficial thoughts from your mind. *Please don't misunderstand - this is not about positive thinking, it is about not thinking negatively.*

Remember this, use it and it will set you free:-

'No thought stands still, every thought in my head either hurts me or helps me. So all I have to do is notice them all and decide which ones help and which ones hurt.'





Once you notice the ones which hurt, you will find them far easier to remove and they should dissolve fairly easily. Become a benefits driven creature again as you once were as a child... For examples today, look at young children and cats, they only do what benefits their lives... Successful people only do what benefits their lives... Look at them all and see how their giving also benefits them. Become selfish, fix yourself first and then you can help. Until then you cannot give what you do not have... So fix yourself first!

Or of course if you want the full road map to clearing out every single bad thought then may I suggest you read the <u>books</u>. I designed them for you, to get your life back on the track you once desired for yourself. I designed them to free you from fear, worry, stress, anxiety, overwhelm... all of which are ailments that do not exist in a young child's mind.

The tool above will do it for you if you are in control enough to continually apply it. Or if you want help then <u>'Creating & Using A Bug Free Mind'</u> will shape the rest of your life.

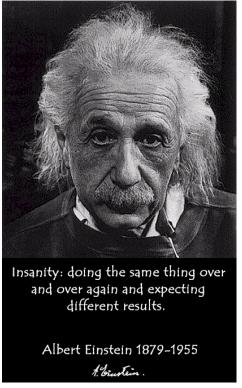
I am fortunate enough to get to see the mindsets of <u>site members</u> changing as they get control back and see them regaining their natural success mindset. I find it inspiring to watch them change. The problem is, until today you didn't even know what was broken, and so at best you have been trying to fix it with some medicine.... Unfortunately, the best that this will ever do is keep you hooked on the medicine, whereas *if you free your mind then it will free you!*

Section 5 - The paradox of learning - How learning more is hurting your results

Leave your mind trapped with all the junk built up on it and this time next year it will be harder, the year after harder still... This is inescapable and should be obvious to you now.

Unless you service your engine, it will get slower and slower day by day as it has been doing every day of your life. One day it will eventually stop working and you will even begin to wish you could get back to where you are now... Let alone where you can get back to if you just stop and fix the problem now.

If you carrying on doing what you've already done then you will not fix it; some new software will



not fix a hardware problem. You've gotta fix the hardware in order to succeed. Every moment which passes is another moment closer to death and more build-up of junk which has to be removed... If you ever want to succeed then you have to decide to fix it, now that you know what the problem is!

This does not get easier if you acquire more skills and knowledge, it actually gets harder...

This is the paradox of adult life, we are taught to stuff in more stuff and we will get there. It doesn't work like that because we are not adding stuff onto a computer which has no virus... Every mind on Earth has viruses...

If you are not successful yet, and you view success as being rich, then you have a virus which is preventing you becoming rich. You need to remove the virus before you can install any get-rich software – <u>obvious when made clear.</u>

If you do not have a partner you wish to live with for the rest of your life then have a virus preventing you having that person share your life. You need to remove the virus before you can have that person in your life – <u>obvious when made clear</u>.

If you want to get on with your children more, then you have a virus preventing this happening. You need to remove the virus before you can get this to work – <u>obvious when made clear</u>.

We all have viruses caused by our minds preventing that which we want. Look at what you do well and you will see that you have no virus preventing it – <u>obvious when made clear.</u>

We are all different; some people are good at one thing and others are good at others... We naturally want what we haven't got, and to get it we must first have a clear head.... Yes it really, really is that simple. It is the reason why I can sit in a room and learn a technique about how to make money *and* go and apply it, and it is the reason why 99% of the room cannot.

Just imagine, according to the figures you have 65% negative thoughts a day and 35% positive ones... (a net loss of 30% negative backward thoughts). And guess what? You now realise you are stuck and probably trapped in the illusion that you are going forward.

Again, just imagine what your life would be like if you had 95% positive thoughts today and every day for the rest of your life (a net gain of 90% positive forward thoughts). **Would you live longer?**

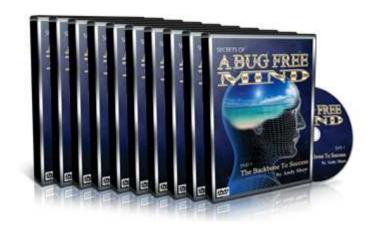
Who knows, but it wouldn't hurt would it? Would you be happier? Absolutely! Would you get what you want from life? Maybe, possibly, probably!

But the crux of it is this, do you think your chances of getting what you want out of life are better with a 95% clear thinking mind, or your current virus ridden, clogged up 35%?

It becomes obvious what the problem has been all along when it is made clear.

I've given you the tools above and they work. But they only work if you use them. And I can give you some more free tools in my series of videos called <u>'Secrets of A Bug Free Mind'</u> (just click the link).

Or if you would prefer to just invest the time in yourself now, then my books 'Creating & Using A Bug Free Mind' are there waiting for you to realise that you need to read them



before you load any more good software onto your virus ridden, clogged up mind.

I would like to thank you for reading this special report, I intended for it to pin-point the problem you face in any area of life which you desire to achieve success in.

Remember, I can only show you the problem; you have to decide to solve it. I trust that I have made this clear enough for you in here, but if you have any questions or wish to leave me feedback then please visit my blog here:-

A Bug Free Mind Blog

To your success,

Andy

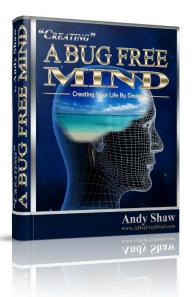
PS You can get my books here

Or if you prefer, you can now just do nothing and watch the build-up continue for a while... Until you finally one day realise that you will never attain success without using either the tools above, or without reading these <u>books</u>. Remember, I designed them to give you the power to free your mind, so that your mind can free you.

There is one very tiny difference with my books and every other book you've ever read on personal development – *they work* (and I do not state that lightly).

Every other book makes you feel good and teaches you stuff, but if you did not already retain some of your natural success mindset then they would never have worked for you. The one significant difference as to why they work is how I teach it to you... My readers know what I mean and so should you now after experiencing this special report. However, this has been a crash course while I've got your attention... We take it a little easier in the books;-)

Or if you would like to download the first 5 chapters of my book Creating A Bug Free Mind, then



you can download it <u>Click Here to download</u> Beware - 91% of people who read these chapters go on to buy the books!

PPS Lastly, please feel free to send this to anyone you would like to help to become successful. When you send this special report to a friend you boost the power of it's impact immeasurably. The way *'to get'* is to learn *'to give value,'* share value for free with your friends without expectation and see what happens...

Also please feel free to quote from this report, or use it in full, just as long as you always credit it me with creating it and include a link to my website when you do www.abugfreemind.com - I wish you all the success you deserve, and you do deserve it!

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