



Change Your Life, and Keep the Change

Gary Dooley

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This comprehensively written book shows us how to use our unconscious mind to re-connect with our powerful inner resources of guidance and wisdom. Through a simple step by step process the book teaches each reader how to rewrite the programmes of the unconscious mind to create powerful and lasting change at any level of our being. At a time when overall levels of happiness seem to be falling, this book moves innovatively away from the tired notions of trying hard to resist negative thinking patterns and shows how anyone can easily and quickly change the programmes of their unconscious mind to effortlessly create greater overall happiness and the life we really want. Influenced by ground breaking discoveries in Mind/Body research each chapter provides simple and practical skills with which to harness the untapped power of our mind and live happier healthier lives.

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