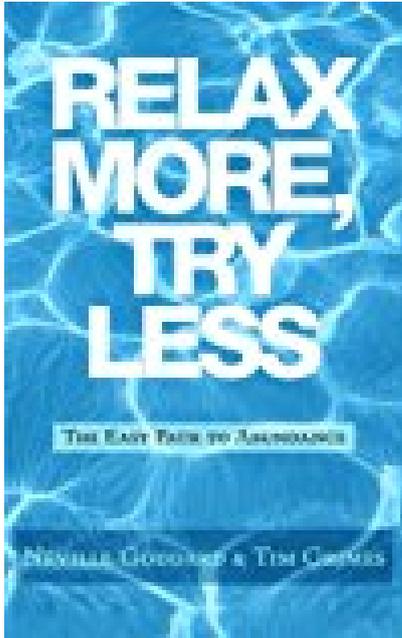


Relax More Try Less The Easy Path to Abundance



BOOK DETAILS

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BOOK SYNOPSIS

This book is about getting what you want by relaxing more. More specifically, this book will show you the necessity of relaxing in order to get what you want. The unusual recommendations on the following pages are practical suggestions that you can start using immediately. Whatever you are looking for in life - whether its more money, improved health, better relationships, more free time, a greater sense of well-being, or a fancier car - youll often get it faster if you try less. Obviously, this isnt the normal way we think about how to acquire what we want. Our first inclination is always to try harder if we deeply desire something. We think we must work hard, and put in a lot of effort, in order to make our desires come to fruition. But the truth of the matter is that trying hard does not work well for most people. The majority of us who try hard to improve our lives still dont get what we really want. We want to get better things in our life, we try very hard to get them - and our best intentions still manage to get screwed up. I cant begin to tell you how many times I have tried hard and still managed to fail in reaching my goal. Its nothing to be embarrassed about; its just the truth. Most of the time trying so hard really doesnt get us what we hope it will. So heres a logical question: what would happen if we stopped trying so hard? What if theres an easier way to receive what we want in life? What if we allow ourselves, instead of trying hard, to relax with more consistency? The surprising answer is that by relaxing more we can immediately start to feel wealthy within ourselves. And, from there, an even more stunning development occurs: our new sense of self-wealth miraculously starts to manifest itself in our outer world. In short, we can get more of what we want in life simply by relaxing more. By allowing ourselves to relax, we begin to naturally fall into a state of subtle gratitude and humility. Similarly, relaxation fills us with strong feelings of peaceful resignation, of momentarily not seeking or wanting anything. In such a comfortable state of not trying, ironically, we become the human definition of natural wealth, and are much more capable of receiving what we desire. Relaxing in such a way doesnt have to involve specifically thinking about, or imagining, having lots of money, or living some kind of "luxurious" lifestyle. We can imagine having lots of money if we want to - but deep mental relaxation is more subtle, encompassing and effective than just thinking about money or anything else you may want. Were naturally and profoundly abundant when were deeply relaxed. If we feel more relaxed our life can literally start taking care of itself, minus all the stressful effort. Attempting to try so hard to meet our goals is largely a cultural affect that we can decide to discard. Relaxation is the opposite of struggle. We dont "try" to relax; we surrender to peaceful feelings of relaxation. This book is to be used pragmatically. Take advantage of it however you like, come back to it as many times as you want, and enjoy the material. Relaxation is something worth knowing about, and it can change your life.

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