



Get the Life You Love, Now: How to Use the Lightning Process® Toolkit for Happiness and Fulfilment

Phil Parker

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This book combines new thinking, cutting edge neuroscience, humour and Phil Parker's upside-down perspective to life's problems and their solutions to help you become happy and fulfilled. Learn how to:

- use the power of language to release 'stuckness' and create change
- recognize and interrupt negative thought patterns to change the way your brain works
- develop awareness of exactly what you need to do differently, so that you can become your own coach
- choose a new future – and make sure that it happens!

Based on two decades of research and Phil's world-changing Lightning Process®, *Get the Life You Love, Now* takes you step-by-step on an amazing journey of self-discovery unlike anything you've ever experienced before.

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