

Special Report

5 Ways To Build High Self-Confidence

- By Emmanuel SEGUI

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About the Author



Emmanuel SEGUI

Emmanuel SEGUI is an author, an NLP master-practitioner and a practitioner of neuro-semantic. He's continually helping people develop their potential genius. His vision is to create a new world of possibilities where people are willing to develop their full potential.

His life is dedicated to self-development and excellence. His ability to organize information in our communication age is unique: **easy to learn, simple to use, providing fast results.**

He's the author and creator of:

→ **"Moving from Vision to Action"**

How to turn your dreams into reality through the six levels of success. Take your personal and professional life to a whole new level with NLP and Neuro-Semantics.

Achieve Massive Results: get slim and fit, build your financial empire, grow your business faster and spend all of your working hours happier and more at peace.

Sign up to my **FREE** mini-course: **"The TOP 5 secrets that EVERY highly successful person will teach you on how to turn your dreams into reality and create the life you want"**

→ **"NLP and learning review"**

Site dedicated to help parents and teachers who are searching for ways to motivate your child to learn and get higher grades. Discover ALL the advantages of NLP and accelerated learning to enhance your children capabilities and to help them succeed in school!

Among others, you will find articles and products on:

- ☞ **Accelerated learning & suggestopedia: how to improve your child's memory and speed-reading.**
- ☞ **You can sign up to my FREE mini-course "What parents and teachers can do when their child struggle at school?"**

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I - THE FOUNDATION OF YOUR SELF-CONFIDENCE

Your Values

Your values are the guiding forces that tell you what is important to you. As a teenager, you're shaping your values and learning what you think about different things. As you grow up, your values determine many things such as:

- How you act within your family, community and culture
- The decisions you make
- How you behave
- The habits you develop
- The ideals you hold dear
- The rules you live by
- The goals you dream of achieving

Knowing what is most important to you will lay a foundation for your success in your life. It is the foundation for your self confidence. Know who you are will help you grow and influence people more because you know exactly what you stand for.

So the question is: What is most important to you? Make a list of your 5 most important values in your life.

PURPOSE & PERSONAL POWER

Goals

Thinking about opportunities and alternatives is the first step in this direction.

What do I want to be really good at?
What are some hobbies I'd like to learn?
What am I passionate about?
What kind of dreams do I want to fulfill?

A goal is something that you want to achieve and you do everything that you can to make it happen. You can do anything you want. Just focus your energy and plan ahead! By keeping these things in mind and taking steps toward making them happen, you will reach your goals.

You can feel great about yourself by setting goals for yourself and trying to meet them. Try a new dance, audition for the school play, or learn about careers in which you may be interested. Your self-esteem will improve when you have a goal to work toward. So go ahead: dream and plan. Reach for the stars!

Imagine trying to find your way to somewhere you have never been before. Without a map you probably couldn't do it, right? Goals are like directions on a road map. They are like little landmarks to help you plot the way to your future. Your goals relate to your values, thoughts, and dreams.

Goals can be short, or long-term. Short-term goals are things that will happen soon. Short-term goals are ones that you can do in a week or a month. Start with small goals like rearranging your room, writing a poem, or finishing a book. A good way to plan for your future is to set short-term goals that you can meet every week. You'll be on your way in no time!

Mapping Your Goals

Make a list of goals for this week.

Make a list of goals for this month.

Make a list of goals for this year.

Make a list of goals for 5 years.

Long-term goals are things that will happen over a longer period of time. They are both very important to your future. These are goals that you'll meet by the end of the year for example. You need to make decisions and

take actions to make your long-term goals happen. For example, a long-term goal for a teenager could be buying a bike. Begin by doing odd jobs and saving your money. You can buy your bike by the end of the summer or year. Planning ahead is the key! It also helps A LOT to write your goals down.

Research has shown that children with scheduled activities that keep them active and focused are more likely to be self-confident and less likely to become depressed or overweight. So the question becomes, how do you create a schedule of activities for you and your family?

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II - THE INNER GAME OF SELF-CONFIDENCE

The Law of Belief states that whatever you believe with emotion becomes your reality. You do not necessarily believe what you see, but you see what you have already decided to believe.

You act in a manner consistent with your beliefs. They shape your destiny.

You can change and grow by changing your beliefs, especially those that hold you back. Here are some tools you can use to enhance your life.

A quick affirmation technique.

This technique can be used in any situation. It takes 10 – 30 seconds and is very effective. Professional speakers, actors and top business people know and understand the importance of this technique.

The way it works is simple. You get by yourself, close your eyes, affirm the ideal outcome, visualize it, emotionalize it and release it. See and feel the event working out successfully. Then go into the meeting, or whatever situation, with calmness and confidence. Let the law of belief work on you at that moment.

Visualization: The End Of The Movie

Here is a visualization technique to use when you want to improve a situation, make new habits or change your limiting beliefs.

Imagine you go to a theater to see an exciting adventure movie. You arrive at the theater ten minutes before the earlier scheduled movie is over. Instead of waiting in the lobby, you go into the theater, sit down and watch the last ten minutes of the movie.

You see how the entire plot unfolds and how everything turns out for the principal actors. You see the problems resolved and what happens to everyone when the movie ends.

Then, when the next showing begins, you go back and sit through the entire movie from the beginning. Only this time, instead of being caught up in the suspense and drama of the unfolding plot, you relax and watch the movie objectively. You take time to appreciate the cinematography, the dialogue, the way that the scenes are connected and how the plot unfolds and develops. You are calm and relaxed. You are far less anxious or emotional, than you would be if you had not already seen the last ten minutes. Because you already know how it ends.

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III - SUCCESS IN PERSONAL RELATIONSHIP

Self-Esteem

We're all unique. Having good self-esteem means that you love, respect, and trust yourself. You feel confident about who you are. Your self-esteem is something very personal. It's the way that you feel about yourself and how you think that others feel about you. Everyone has something that makes them special. What makes you special? Is it your soccer talent? Your good sense of humor? Or your beautiful smile? Is it that you are such a good friend? Many things make you special.

Self-esteem is the confidence or satisfaction you have in yourself. It is self-respect. It's that little voice inside of you telling you how special you are and that you can become whatever you want. Having positive self-esteem is not the same as being conceited. It's good and important to like yourself.

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Try listing a few of your good qualities on a piece of paper. Whenever you start to feel down about yourself, just look at that piece of paper to be reminded of all your good qualities.

Good self-esteem comes with knowing and accepting your good qualities and the qualities you might need to improve. Positive self-esteem allows you to be creative, friendly, loving, and outgoing.

Low self-esteem means that you feel insecure and helpless. You feel that you're not as special or, interesting as the people around you. Don't be so hard on yourself!

There are many things that can bring your self-esteem down. You may be trying hard to fit in. Because of this, you might seek acceptance and self-worth from others instead of yourself. Just remember, the most important person to impress is **YOURSELF!**

Like this hip hop singer, India Arie, says,

*"My worth is not determined by the price of my clothes...
...I learned to love myself unconditionally, because I am a queen."*

Having a Positive Body Image

Think about all the things your body can do. Have you ever thought about just how amazing your body really is? Take a moment and appreciate all that your body can do—run, dance, breathe, laugh, think, smile, etc. Every day your body carries you one step closer to your goals.

Some people are shaped like a spoon. Their upper body is smaller than their lower body. Other people are shaped like an hourglass. This shape is curvy with a larger upper and lower body, but smaller waist. Another shape is a ruler. This shape is straight with not much difference between the upper and lower body. The upper body of someone that is cone shaped is larger than their lower body. No category is better or worse than any other, only different.

Here are a few tips to remember:

- No amount of exercise or change in eating habits will change the basic, genetically programmed shape of your body.
- Don't try to be a shape that you can't be.
- Learn to like and respect your body the way it is built.
- Make the most of what you've got.
- Wear clothes that are comfortable and make you feel good about your body.
- Work with your body, not against it.

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Your body image is how you feel about your body. Having a positive body image is very important. It means that you love, accept, and appreciate your body. It doesn't matter if you're not perfect. No one is. If you're confident and carry yourself with pride then you'll be attractive. Love your body and take care of it.

What do you like about your body?

What do you dislike about your body?

If you could change your body, what would you change?

Your body is changing and growing. You may not feel comfortable with some of the changes. Don't be so hard on yourself. No one is perfect. Your body image will change as your body changes. Learn to appreciate all the wonderful things that your body can do. Your body image is related to your self-esteem.

Remember that who you are is more important than how you look!

The Media

Women, you are beautiful and unique. It's wonderful living in a world where there are so many different types of people. Sometimes the media doesn't represent these differences. Don't let the images of women in the media be your standard of what is "normal." You don't have to look like a Barbie doll or Salma Hayek to be beautiful. Most women don't look like these two.

A lot of women celebrities work out really hard with their own personal trainers to get their bodies in shape. Working out is good for your body, but many celebrities will train for several hours a day to get the muscular look you see. Most people don't have this much time, and working out this much can be damaging to your body anyway. As you can tell, these standards of beauty set by the media aren't real and can be dangerous.

Signs and Symptoms of Eating Disorders

Anorexia Nervosa

People who suffer from this disorder have an intense and irrational fear of gaining weight because they see themselves as being fat, even when everyone else doesn't. Anorexics feel that they are heavier than the people around them and want to do something about it. They feel the need to become thinner and thinner and the quickest way to lose weight is not to eat at all. Food, calories, and body weight take control of the person's life. Anorexics often become isolated. They stop seeing friends and having fun.

Signs and Symptoms:

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- Developing strange eating habits, like restricting certain foods or drastically reducing how much food you eat
- Feeling moody
- Denying hunger
- Showing extreme concern with body weight and shape
- Over-exercising
- Having significant or extreme weight loss

Bulimia Nervosa

People who suffer from bulimia eat large amounts of food in a quick, automatic, and helpless fashion. This may numb their feelings for a little bit, but eventually people suffering from bulimia feel physical discomfort and anxiety about gaining weight. As a result, they purge the food they have eaten by making themselves vomit, using laxatives, overexercising, or limiting their diets. Some people use a combination of all these forms of purging.

Signs and Symptoms:

- Making excuses to go to the bathroom after meals
- Eating large amounts of food on the spur of the moment
- Taking laxatives, vomiting, and/or overexercising to "purge" food
- Showing extreme concern with body weight and image

Having a Positive Body Image is about appreciating what your body can do and how it looks. Everyone's body is different in shape and size, but that is what makes us unique. Show your body how much you value it and keep it healthy!

[Discover the exact steps to greater self confidence in this exceptional book "unstoppable confidence", endorsed by master achievers Brian Tracy, Jim Rohn and Bob Proctor.](#)

IV - COMMUNICATING EFFECTIVELY WITH OTHERS

Learning how to communicate effectively is one of the best things that you can do. It's important to know how to express your feelings and thoughts to others clearly and directly. You can deal with different situations and make good decisions by learning how to communicate well.

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Sometimes it seems as if no one understands! Why is it so hard to talk to your friends and family sometimes? Sharing your feelings is hard to do, but communication is the key to understanding. No one is a mind reader! If you think about the last few arguments you've had with someone, chances are that poor communication was partly to blame. It's important to speak up even when your feelings are hurt and express how you feel.

Be Assertive

How often do you not raise your hand in class even though you know the right answer? Do you ever go along with what your friends want to do even though you had other ideas? Do you tell people when they hurt your feelings? How often have you heard someone say something mean about someone you know without sticking up for them or disagreeing?

A large part of knowing how to express yourself involves knowing how to be firm when it's time to express your feelings. This means being assertive. Being assertive means:

- You have the right, just like everyone else, to be heard.
- Your thoughts, opinions, and feelings are important.
- Saying what you feel without hurting other people's feelings.
- Being firm, direct, and honest about your thoughts and opinions.
- Using your best judgment in determining when and how to say what's on your mind.

You don't have to say "I don't know" and not answer because you are afraid of looking too smart. Being smart and bilingual are good things that will get you far in life. If you're not bilingual, consider learning another language. Being bilingual will certainly be an asset now and in your future. Feel proud about knowing the right answers or about being able to speak two languages. Hold your head up with confidence. Remember, your ideas are just as good as anyone else's.

You don't have to agree with other people if you feel they're wrong, especially if they're putting someone down! Sometimes you don't speak up because you are afraid of hurting someone's feelings. You can stick up for yourself and express your feelings or opinions without making someone feel bad. One way to do this is by using "I" statements instead of "you" statements. Instead of saying, "You are a big mean jerk," you could say "I feel really hurt by that comment." The difference between the two is in the use of "I" and "you." By using "I" you are simply expressing your feelings instead of blaming someone else. This way an argument can be worked out instead of getting out of control.

Speaking up for yourself does not mean sounding like a know-it-all, saying hurtful things, or interrupting others! Speaking up means showing respect for yourself and what you know is right. You can state your opinions,

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stand up for others, and ask for something you want or need without apologies. You don't have to be aggressive. Being aggressive means that you're a bully or too pushy with other people. When you're aggressive you end up blaming, humiliating, or criticizing the other person. People will not want to hear what you have to say if you're aggressive.

Share Those Feelings

Sharing your feelings and ideas is important. Here are some ways for you to share your feelings:

- Write in a journal
- Talk to a friend or family member
- Write a poem or song
- Draw a picture
- E-mail a friend

Practice

Do people ask you to talk louder or repeat what you say? How often do you use the fillers, "U-m-m" "You know?" "What do you think?" "OK?" or "Isn't that right?" to end a sentence? Do you stare at the ground and look at your shoes when you talk? You are giving off signals that shout to the world, "Don't listen to unimportant me!" You don't want others to think this because you are really an important person with lots of good stuff to say. Practice speaking clearly with a good friend, family member, or in front of a mirror.

- Stand up straight.
- Look the person in the eye.
- Get rid of the fillers.
- Breathe deeply.
- You'll be feeling more confident in no time!

Body Language

Body language is "nonverbal" communication. This means that you use your body instead of words to communicate your thoughts and feelings. Facial expressions, hand gestures, body movements, and touch are ways in which we use body language.

- Are your eyebrows furrowed or raised?
- Are you smiling, squinting, or crying?
- Is your jaw set?
- Are you slouching or standing tall?
- Do you shake a fist or point fingers?

Body language also shows many things. Here are some body language tips:

- Stand up straight.
- Smile. It always works!
- Make eye contact. Look at the other person's eyes when you he or she is talking.
- Nod in agreement or shake your head if you agree or disagree.

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V - HEALTH AND SELF-CONFIDENCE

There's no doubt about it: increasing your health and eating balanced meals will dramatically enhance your self-image and your self-esteem. When you eat good food and you control your weight, you have more energy, you move faster. As you move faster, you do a lot more, and better. And as you do more, your self-confidence grows up.

To have a healthy body you must give it all the nutrients it needs to grow and develop. But how do you do that? First of all, you need to understand that there are no good or bad foods, only good and bad eating patterns. All foods supply substances that your body needs to grow, have energy, and stay healthy, and all foods can be part of a healthy diet. A healthy diet includes grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans. Choose fewer foods that are high in fat or sugar. It's the total amount and types of foods you eat over several days that make up a healthy or unhealthy diet. So eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for good health.

If you learn about nutrition now, you'll be less likely to do things to harm your body later. This includes overeating; eating lots of high-fat, high-calorie foods; or going on dangerous diets. Did you know that the U.S. Department of Agriculture/Health and Human Services (USDA/HHS) Food Guide Pyramid and the nutrition labels on food packages are good tools to help you choose the right foods.

The Food Guide Pyramid

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Smart eating is a part of growing up healthy! It's easy to be a smart eater if you follow the Food Guide Pyramid.

The U.S. Department of Agriculture/Health and Human Services Food Guide Pyramid of daily dietary recommendations divides food into six groups. Recommendations are for those ages two and older.

At the top of the pyramid are foods you should eat only sparingly. As the pyramid gets wider toward the bottom, the suggested number of servings increases. As you go up the pyramid, it DOES NOT mean the foods are more important or somehow

better. Being higher on the pyramid simply means you should eat less of that type of food each day.

Fats, Oils, and Sweets

Eat a small amount from this group. Sweets, fats, and oils have many calories and not a lot of nutrients. The Food Guide Pyramid suggests that you should eat these types of foods sparingly. Moderation is the key!

Milk, Cheese, Yogurt

These foods provide your body with calcium and protein. You don't need to eat as much from this group as you do from the other food groups. This doesn't mean that it isn't important. You just don't need as much.

The Food Guide Pyramid suggests two to three servings from the milk, yogurt, and cheese group each day. Some examples of what makes up one serving:

- 1 cup of low fat or nonfat milk
- 1 cup of low-fat or nonfat yogurt
- 1 1/2 cup to 2 ounces of cheese

Meat, Chicken, Fish, Beans, Eggs, and Nuts

This group of foods gives you protein and iron. You should eat as much from this group as you do from the cheese, milk, and yogurt groups. Your body needs these foods in reasonable amounts.

The Food Guide Pyramid suggests that people eat two to three servings from the meat, poultry, fish, beans, eggs, and nuts group each day. A few examples of what counts as one serving:

- 2 to 3 ounces of cooked lean meat, poultry, fish, or tofu

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- 1 egg, 1/2 cup cooked dry beans (pinto, black, and navy are types of dry beans), or 2 tablespoons of peanut butter count as 1 ounce of lean meat

Vegetables

This is an important group of foods to include in your daily diet. Vegetables give your body many essential vitamins and minerals. Veggies like carrots are a great source of vitamin A. Celery and potatoes are a good source of vitamin C and potassium. Tomatoes are full of vitamin C, and broccoli is one of the best bets for vitamins C, A, and K. Leaf Lettuce is high in vitamin A.

Vegetables also provide your body with energy-producing carbohydrates. Veggies also have fiber. Fiber keeps your digestive tract healthy and helps prevent constipation. Fiber helps to eliminate wastes from your body. Sweet corn, potatoes, and green beans are a good source of fiber. The Food Guide Pyramid recommends three to five servings from the vegetable group each day. A few examples of what counts as one serving:

- 1/2 cup of chopped (raw) or cooked vegetables
- 1 cup of raw leafy vegetables (like lettuce)
- 3/4 cup of vegetable juice

Fruits

The fruit group is also very important. Eating fruits every day is important for a healthy diet. Fruit provides the body with the vitamins it needs to stay strong and active. The fruit group is the best source of vitamin C your body needs: it's found in oranges, strawberries, grapes, papaya, pineapple, and lots of other fruits.

Fruit also gives the body simple carbohydrates to use for quick energy and as a source of fiber. Fiber keeps your digestive tract healthy and helps prevent constipation. The Food Guide Pyramid recommends that people eat two to four servings from this group each day. Some examples of what makes up a serving:



1 medium-sized apple, banana, or orange



1/2 cup of cooked or canned fruit



1/2 cup of fruit juice (orange, pineapple, or apple, for example)

Bread, Cereals, Rice, Pasta

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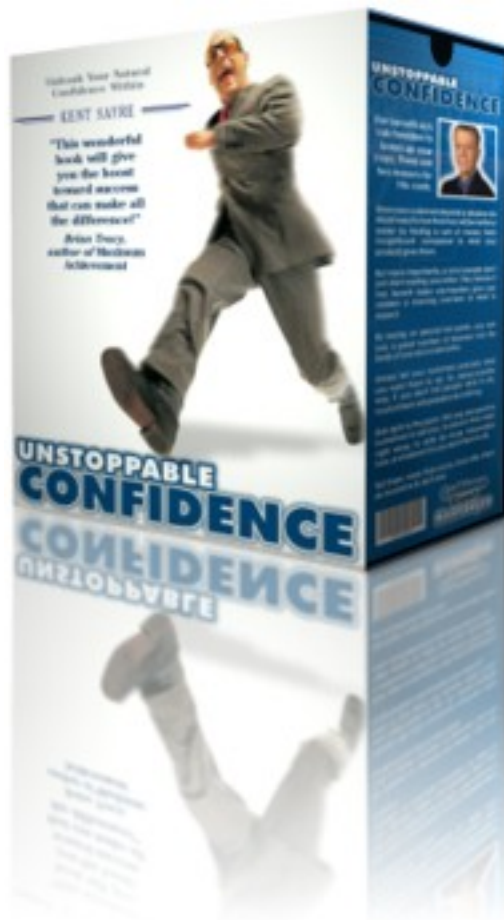
This group of foods has lots of carbohydrates. Your body uses carbohydrates to get energy, like a fuel source. You should be getting most of your nutrients from these foods every day.

Carbohydrates also provide lots of B vitamins and iron. The Food Guide Pyramid suggests that you should eat six to 11 servings from the bread, cereal, rice, and pasta group each day. This may sound like a lot, but keep in mind the types and amounts of food that count as one serving:

- 1 slice of bread
- 1/2 cup of cooked rice or pasta
- 1/2 cup of cooked cereal
- 1/2 of a bagel or English muffin

My friend, apply these 5 principles. They are not difficult to follow. I wish you all my best in the accomplishment of your dreams.

[Discover the exact steps to greater self confidence in this exceptional book "unstoppable confidence", endorsed by master achievers Brian Tracy, Jim Rohn and Bob Proctor.](#)



Here are what other business professionals have to say about "Unstoppable Confidence."

"This wonderful book will give you the boost toward success that can make all the difference!"

- **Brian Tracy**, author of Maximum Achievement



"I attribute a lot of my success to my confidence in myself. If you are serious about gaining more confidence in your life, you must get this book!!"

- **Robert Allen**, best-selling author of Nothing Down, Multiple Streams of Income, and The One Minute Millionaire.



"Kent's book, "Unstoppable Confidence" should be required reading for all schools. The ability to communicate effectively is critical for success and he's laid out a step by step process to master that art."

- **Ron LeGrand**, Real Estate Multimillionaire



"An important work on a significant competency for anyone who wants to excel in business and in life. Read it and learn solid ideas to nurture your soul and nourish your mind."

- **Nido R. Qubein**, Founder, National Speakers Association Foundation



"Kent Sayre is without a doubt the most highly motivated person I have ever coached! His book, Unstoppable Confidence, can turn anyone into a human dynamo if you just follow his simple suggestions!"

- **Fred Gleck**, author of Publishing For Maximum Profit



This special report is brought to you by Emmanuel Segui



Be one of those who share the secrets of a whole and successful life. Today is the time of DECISION, of RESPONSIBILITY and SUCCESS, isn't it?

Take your Time to visit us online and feel all the benefits that "Moving From Vision To Action" will bring you. A lot have testified of its uniqueness.

The Ultimate Key To Unlock The Full Potential.

Hey Emmanuel,

Your "Vision To Action" is absolutely fascinating. It contains all the details, strategies, and tactics that everyone needs in order to become successful in any area of life. Your e-book is the ultimate key to unlock the full potential of any person in achieving anything that he puts his mind into. Thanks a billion for sharing your priceless knowledge to the world. You're a lifesaver!

Michael Lee

Author, "How To Be A Red Hot Persuasion Wizard"

<http://www.20daypersuasion.com>

I read your book, you are an awesome writer. I don't know how much time and thought you put into it but it is well organized and illustrated. I think you did a great job.

Chris Kaiffer

Personal and professional trainer & Coach

<http://www.powerpurpose.com>

Moving from Vision to Action focuses on wholeness-not goals-as the quintessential "force" for turning dreams into reality.

Drawing deeply from his own life and his years of experience as a NLP (Neuro-Linguistic Programming) practitioner, the author provides a well-organized, workable roadmap to success based on the model of "logical levels" developed by Robert Dilts, one of the pioneers of NLP research.

You'll find practical, down-to-earth advice on how to become fully powered (whole-ly) in the present physically, mentally, emotionally and spiritually, along with exercises at the end of each chapter to help you absorb and apply what you've learned to your own life.

In the author's own words, "This book is an invitation to walk a higher road of excellence, to stand a little taller." His personable writing style and judicious use of inspiring quotes make this book a joy to read. I highly recommend it to anyone who dares to dream and make a difference in this world. May the "force" be with you!

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Amazing! This book is all about making you into the person that you always wanted to be. It is about making choices that you didn't know that you had. It is about being successful in all areas of your life. It is the #1 personal development plan, ever!

**Roger W. Otis
Investor, Business Owner and
Religious Educator.**

Emmanuel SEGUI is a NLP Meta-master practitioner and the author of an amazing new ebook, "Moving From Vision To Action" that will teach how to easily empower yourself and other people to bring true power, focus, health and energy into their life.

Click now => <http://www.vision-to-action.com>

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and learn the three little and easy steps to earn residual income EVERY MONTH with "Moving From Vision To Action".

This book can be a blessing to all who read it! It explains the reasons for the past and allows you to grow from those experiences.

Then it helps you catch all the opportunities for the future. It is helpful in all areas of your life: in your career, as a husband or wife and as a parent.

Putting into practice these very helpful strategies will allow you to unlock strengths hidden behind.

It is a must read for anyone trying to improve themselves.

The strategies are easy to use and well explained.

You can immediately put them into practice.

**Sue D. Druin,
Mother of 6, Registered Nurse, Teacher**