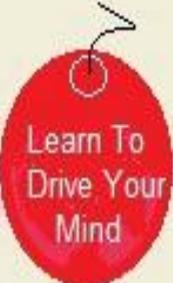


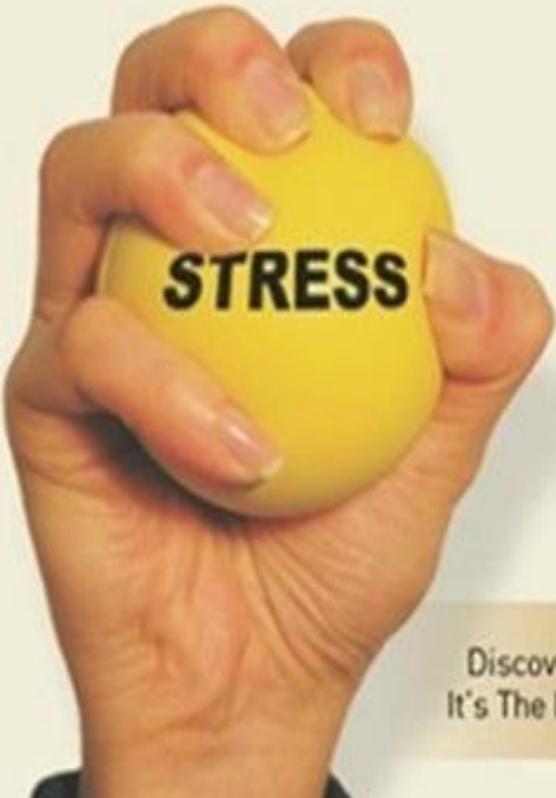
A BOOK FOR EVERYDAY LIVING

HOW TO REDUCE STRESS



Learn To
Drive Your
Mind

ADAM'S MIND
EVE'S PSYCHE



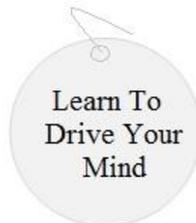
STRESS

Discover Your Centre of Intelligence -
It's The Hidden Mental Power Within You

You cannot reduce stress if you don't know how to Drive Your Mind.

Regardless of the hurdles you are facing, you have the ability to learn how to Drive Your Mind, aim for your targets, reach your goals, live the life you want to live, make the choices you want to make, create your own wellbeing and to become fully self-sustainable!

The main objective of your human mind and spirit is to learn, grow and survive.



Chapter One

Adam and Eve – Getting It Right At The Beginning

It's difficult to understand something in the beginning if there isn't an outline, guide or description put into place of where you are going as a reader.

My aim for the words written in this book is to give you the mental tools that will provide a deeper, more meaningful, quality-filled and prosperous life.

Prosperity is not always measured in the form of money or wealth but life prosperity may come in the quality and richness of the life which you live; on the other hand, it's nice to know that the power of your mind can help you to create your wealth. Creating what you want or want to achieve is part of your distinctiveness. It's the distinctiveness and originality of each and every person's mind that this book is about.

Each and every one of us is unique; some of us are born similar to others but no one is identical! At the time of your birth, you brought with you something that had not existed before nor shall exist again; you brought your distinctiveness, your uniqueness and originality. These differences are what makes you, you. Sadly, many people suffer through uncontrolled *stress* which interferes with their distinctiveness.

In your life span you have the opportunity to work with your distinctiveness, to make an impression, to leave your footprint of

accumulated knowledge, or you have the choice to do nothing. To do nothing, is not an option, the only option is to become a winning Adam or Eve.

If you do nothing, and it's a sad fact, that many people die and have not fulfilled their greatest human potential. They have not developed or made the most of their marvellous mind, the availability of their talents or developed their skills, or used their distinctiveness to its maximum advantage – they may have indeed, wasted their life!

To avoid this dilemma happening to you, we are going to start to: '*... get it right at the beginning ...*' so you become a winning Adam or Eve in the first instance.

By getting it *right in the beginning*, everybody becomes a winner. The child born today, and given this knowledge, is a winner in the future.

When you were born, you were born with a clean slate; you didn't carry leftover garbage or baggage from a past; you were indeed whole and a mentally clean tiny human being.

From early on and while awaiting your birth, you started to accumulate information; this incoming information is stored in your memory and is used as base data throughout your life span. You soon learnt, while in the womb, that it is indeed comforting to suck your thumb, grab your toes and explore your body, and possibly seeing, the faint light of daylight shining through your mother's skin.