



Wake the F#ck Up: Make Your Life One Epic Adventure (Paperback)

By Brett Moran

Watkins Media, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. What can an ex-crackhead teach us about waking up and transforming our lives?The answer will surprise, amuse and enlighten you.Brett Moran s life changed forever when he was on a drug deal in the prison library and stumbled across a book on meditation. What came next was a decade of personal transformation.This book contains the tried-and-tested concepts and techniques Brett used to change his life and has since used to help countless others do exactly the same. Brett will show you how to:- Separate from your negative thoughts by using meditation and mindfulness as a way of life.- Create one epic vision of your life to help you discover what you really want to achieve.- Learn how to unlock your negative patterns so you can shift beyond negative habits.- Ignite your energy so you can feel alive and learn how to activate your inner spark!Wake The F#ck Up is a manifesto for personal change, presented with humour and wisdom from one man who s been there, done that, and come out the other side shining.



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Reviews

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Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.

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