



# **Self-Help Box Set: The Best Self-Help Guide That Will Help You Improve Your Health, Wealth, Relationships And Level of Happiness (Tapping, meditation, emotional intelligence)**

*Nick Long, Ruby Olson, Wendy Larson, Mary Jones, Tonya Davidson*

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## **BOOK #1: Meditation For Beginners: 45 Meditation Tips for Better Focus, Less Anxiety, Improved Memory and Quiet Mind**

Meditation can bring amazing benefits into your life. If you are stressed, coping with constant anxiety, struggling with depression, want to increase your creativity, or just want to be happier, then this e-book is for you.

What are you waiting for? Find out the secret of 5000 years worth of people. Find out why meditation has survived through the ages. It is a great way to holistically treat your anxiety, depression, and other conditions. It is a great way to condition yourself to have better concentration. It is a great investment in you!

## **BOOK #2: Meditation For Beginners: 45 Meditation Tips for Better Focus, Less Anxiety, Improved Memory and Quiet Mind**

What is meditation? In this book we will try to explain the answer to this question. By reading through our 33 meditation tips, you will gain a better understanding of how to find your inner self. Along the way, you can follow our instructions on various ways to enter a state of meditation.

## **BOOK #3: Yoga For Beginners: Learn How to find your Inner Peace, Diminish your Stress level and Heal your body while Practicing Yoga**

Finding true relaxation within the parameters of a healthy form of exercise is like hitting the spiritual, emotional, and physical trifecta. Yoga For Beginners will take you in completely different place in your mind and challenge your body. Yoga is an ancient form of meditation and physical exertion that will help the mind as much as it will the soul.

## **BOOK #4: Emotional Intelligence: 29 Steps to Higher EQ: Gain Skills to Perceive, Understand, and Respond to the Emotions of Others**

Emotional Intelligence is not a new concept. Popularly known as EQ, it has surpassed the more traditional IQ or intelligence quotient, in your dealings with other people. Clever people are great, but they are not always very nice people. This is the main reason that investing in your EQ is very important, more so than even a high IQ!

## **BOOK #5: Emotional Intelligence: Find Out the Factors that Determine Your Success. Increase Your EQ and Master Your Emotions with This Great Workbook**

The amount of emotional intelligence that you have is based on many different aspects. Empathy, motivation, personal goals and self-mastery are all concepts that are associated with emotional intelligence. Take your own personal assessment and identify different areas of your life that may need improving.

## **BOOK #6: Tapping: Learn How To Get Started With Tapping And Improve Your Health, Wealth, Relationships And Level of Happiness**

Then Tapping might be the answer! Tapping is a systematic approach to improving your well-being by tapping on the meridian points of the body. In ancient Chinese practices, there are over a hundred meridian points on the body, but you'll be using nine to ten of these to help relieve your anxieties and fears.

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