

## New & You



NEW is an unlimited source of energy that can give us extra strength to face our personal challenges. If there is any pattern in our lives, it is ruled by chance, which causes change, that gives us choices. Every choice is a beginning, no matter how small. Each one is NEW. It is never too late for a fresh start. Thinking NEW moves us away from fixed ideas that hold us back. Attitudes breed barriers. With NEW thoughts we break through to explore new opportunities that make a difference. NEW is also a potent cure for prejudice and intolerance. When everything is NEW, anything is possible. NEW changes the way we live. For anyone who asks, Where to now?, this book is packed with refreshingly accessible and helpful ideas. It also holds our interest with a story in which the leading characters recharge their freedom, purpose and vitality by learning to think NEW. We can only effectively use the power of our free will to take control of our lives if we recognise how much we are being influenced by other peoples ideas, and learn how to see them in a NEW way. How we think is how we live. When our thoughts are free, we are free. NEW thoughts give us new strength to handle our fears, frustrations and uncertainties. They show us new ways out of the swamp, banishing our apathy, boosting our confidence and self-respect, clearing up our confusions, getting rid of hang-ups that blind us to real values. NEW is the music that will change your life.

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