

**Live with Passion, Purpose and Delight!**

**Overcoming Adversity and  
Thriving on Planet Earth  
4 Steps - 5 Keys**



**Danielle J. Duperret  
ND/PhD**

***"When You Change Your Energy,  
You Change Your Destiny!"***

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Thriving on Planet Earth  
4 Steps - 5 Keys**

**By Danielle J. Duperret, ND/PhD**

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You Change Your Destiny!"*

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Dedicated to:

My parents who gave me  
a wonderful childhood  
and always supported me

My children who kept challenging  
me to rise to higher grounds

My mentors who provided  
me with the skills I needed  
to make a difference  
in people's lives and  
who gave me the clarity I needed  
to develop and deploy my passion



This book is written for educational purposes only.

It is NOT intended to replace medical advice or to be a substitute for a physician. Always seek the advice of a physician or qualified health practitioner before beginning any diet and/or exercise program.

Having stated this, I like and agree with the approach Pete Egoscue takes in his excellent book *Pain Free*. He urges readers to take responsibility. I like to spell it Response-Ability, meaning "having the ability to respond."

This is the way he writes his disclaimer:

*"It has become obligatory for health books to carry a legal disclaimer. You've read them: 'The following material is not intended as a substitute for the advice of a physician....' And they go on to recommend that you consult a doctor before embarking on whatever program is being offered. They conclude with the author and publisher disclaiming any legal responsibility for adverse consequences. As I did in my first book, I will again urge readers who feel they need the disclaimer's protection and counsel to close these covers and leave the pages unread. My working principle as an author and exercise therapist is that the most important consultation is the one a person has with him- or herself. Health care starts with personal responsibility. Any disclaimer that suggests otherwise does a great disservice."*



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## Who We Truly Are

Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are POWERFUL,  
beyond measure,  
It is our LIGHT, not our darkness,  
that most frightens us.  
We ask ourselves:  
Who am I to be BRILLIANT, GORGEOUS,  
TALENTED, FABULOUS?  
Who am I to be POWERFUL, SPONTANEOUS,  
COURAGEOUS, FREE,  
AND WORTHY?  
Actually, who are you NOT TO BE?  
You are a child of God,  
Your playing small does not serve the world.  
There is nothing enlightened about shrinking  
So that other people won't feel insecure around you.  
We are born to make manifest the glory of God that is  
within us.  
It is not in some of us; it is in *everyone*.  
**And as we let our own light shine,**  
**We unconsciously give other people**  
**permission to do the same.**  
**As we are liberated from our own fear,**  
**Our presence automatically liberates others.**

*Marianne Williamson*



*"Without our health, there is no point... to anything."*

Everett Mamor

## **Introduction**



If someone could wave a magic wand and suddenly change something about your health and well-being, what would you have them change?

Pause for a moment and imagine... someone, in front of you right now, who could wave a magic wand and change one thing for you. What would you ask them for? More energy? A pain-free life? More strength? Ideal weight? Sleep better? Rekindle your sex life? An end to struggles?

If they waved that magic wand, you would feel good for awhile. One aspect of your life would be better.

However, you may want to get more than one thing changed in the way you live and feel. How about

staying youthful and healthy and enjoying peak vitality until the end of your days on this planet?

What if your family and friends saw in you a living example of vibrant health, someone able to effectively navigate the challenges encountered on life's path?

What if you could be confident and response-able (i.e. have the ability to respond)? What if you could claim health as your birthright?

How about your life in general? What if there was one thing that would make you even better, happier, and more productive? What would that be?

This book is about wellness, (w)holistic wellness. In the chapters to follow, we'll be discussing not only physical health, but emotional freedom, mental fitness and soul purpose. You will get a glimpse behind the scenes of the much-publicized Law of Attraction. All these aspects are critical for you to thrive on Planet Earth and to realize true health success.

Throughout the pages of this manual, we'll explore some of the most effective ideas and field-proven methods and techniques that you can begin to



put to use immediately to help you increase your level of health and vitality. By taking charge of your health, you will improve your mood and mental state and overcome some of your most difficult emotional problems. You will gain more energy and find renewed enjoyment from living at peak vitality.

## **Increasing Your Effectiveness**

You and I both know and it's no secret that things are changing today faster than ever before. Technology has become more sophisticated, competition keener, and health care is not alien to this change. People are becoming more educated and aware.

With the wide variety of choices available regarding health and fitness, including complementary or seemingly conflicting expert opinions, it stands to reason that the more skillful you are at understanding



your personal needs and options, the more successful you will be at living in a state of vibrant health.

If you are really going to be effective and successful at managing your health, it is necessary, even vital, that you continually improve, adjust and up-date your problem-solving skills as well as your lifestyle.

## **Exposure to New Ideas**

And that's what this book is all about. It has been written with the goal of helping you Overcome Adversity and Thrive on Planet Earth, starting by proper care of your health.

Naturally, this program doesn't claim, nor does it pretend, to have all the answers to all your health problems. No book, course or seminar could do that.

Rather, the objective of this program is to expose you to some tried, tested and field-proven ideas, concepts, and techniques that have worked for other people much like you.

Once acquainted with new information and ideas, it will then be up to you to decide which ideas can best be tailored to your own individual needs, and how you will begin to use them to better help you and your family.

The goal of this program is not to try to make you a health expert, but rather to provide you with some of the tools the experts and those who experience vibrant health and peak vitality are currently using.

Together, we'll explore strategies and techniques regarding food therapy, lifestyle choices, release of emotional upsets, the role of the conscious and subconscious mind and the back-stage operations of the Law of Attraction. We will focus on simple and powerful techniques that others have used to significantly increase their level of health and vitality with very little extra effort.

You will most likely find that many of these ideas will be easy to implement, and you'll be able to begin using them right away. Others may take a little longer to gear up for. And still others may not be right for

your personal needs. That's okay. It's not possible to provide 100% usable ideas for every person in every situation.

But if you get just one or two good, usable ideas that you can implement in your life, then your time, effort and money will be well invested.

## **How We Retain Information**

Getting a new idea is one thing, but what you do with it once you have it is just as important as getting it in the first place. Studies on retention show that you remember:

- 10% of what you read,
- 22% of what you hear,
- 37% of what you see,
- 56% of what you see and hear, and up to
- 86% of what you see, hear and do.

So, an idea that is heard but not acted on is only half as likely to be retained as an idea that is actually

put into practice. With that concept in mind, it is important to understand that if the information presented in this book is to be of any real value to you, it must not only be read, but it must also be applied. That is to say, it must be experienced, or acted on. That means it's going to take some effort on your part.

You see, knowledge without action is no better than no knowledge at all. Just knowing isn't enough. You've got to do something with what you know.



The ideas presented in this book work. They're not theory. They're not speculation on what "should" work. And they're not philosophical musings. These ideas, concepts and techniques are currently in use by health minded people across the country and even across the world, in one form or another. They're being proven in actual field use day in and day out.

They work for others, and they can work for you. But, you're going to have to take the time to study them, understand them and make the necessary modifications to tailor them to your own personal

challenges. And then finally, you're going to have to apply them to your life.

## Five Steps Of Learning And Retention



Learning, the acquisition of new information or knowledge, and Retention, the ability to capture that information and recall it when wanted or needed, is actually a process that involves five steps:



First, we have **Impact**, which is the reception of an idea by the mind. Impact can be in the form of a word, a visual observation or a concept. The way impact originates makes no difference. Your mind can't make a distinction between a visual or an actual experience. It is not capable of determining the difference between a conscious or an unconscious thought, nor the impact an idea may have on you. As

far as your mind is concerned, those experiences are all the same and your mind will accept them, regardless.

If information, or an experience, appears real to your mind, your emotions and nervous system will react as though it were real.

To illustrate this point, let's do this simple experiment:

Find a comfortable position, on a chair or armchair, feet flat on the floor. Let your hands rest comfortably in your lap.

Close your eyes, take a deep breath, let it out slowly, and relax. Take another deep breath. Let it out slowly. Relax even more.



Picture in your mind a lemon resting on a table in front of you. Visualize it. See it clearly. Look at its shape - its color - its texture.

Now, mentally reach out with your hand and pick up the lemon. Bring it up to your face. Look at it closely. Notice the lemon's yellow color and round shape, with its pointy ends. Squeeze it. Do you notice

how firm it feels? Feel the texture of the lemon, the dimples, the waxy skin...

Now, hold it up to your nose. Smell it. Do you notice the lemon's citrusy smell?

Place the lemon on the table and mentally pick up a knife that's laying nearby.



Cut the lemon in two. Pick up one half of the



lemon and see the juice dripping from it. Bring the lemon up to your nose. Smell it again. Now... bite into the lemon.

What's happening to you right now? Is saliva flooding your mouth, both in your mind, as well as physically?

Consider what just happened. There was no lemon. You just pictured one in your mind. While this was just a mental exercise as the lemon was just imagined, chances are that, if you are like most people, the mental image you were playing on the screen of your mind triggered certain responses which manifested themselves physically. You can see, by this demonstration, that *Impact* is a critical step involved in the process of learning and retention.



The second step is **Repetition**. One university study revealed that an idea that was read or heard only one time was 66% forgotten within 24 hours. But if that same idea was read or heard repeatedly for 8 days, up to 90% of it could be retained at the end of the eight days.

So, once you've read this book all the way through, go back and read it again. But this time read with a highlighter, a pencil and notepad handy. Mark up the book. Write down the ideas that you feel fit your personal situation. This repetition will help you retain more of the information than if you had read it only once.



The third step in the learning and retention process is **Utilization**. This is the "doing step." It is here that neuromuscular pathways are actually developed, creating a "mind-muscle memory." And according to the study quoted earlier, once you physically experience an action, it becomes twice as easy to recall as if you had heard it only.







Fourth is **Internalization**. It means that you make the idea a part of you. That may involve some customizing or tailoring of the idea to fit your situation or style, but it is vitally important for you to personalize the idea and make it "yours."



The fifth step is **Reinforcement**. To maximize the effectiveness of an idea, you should continually be looking for ways to support and strengthen it. The more you can support the idea, the more you will believe it, the longer you will retain it, and the more effective it will become in helping you serve your needs.



Now, what does all this have to do with your health? Simply, this. In your daily life and personal choices, as well as throughout your experience with the information presented in this book, you are going to be exposed to a great number of ideas.

Some will be brand new, meaning you've never heard them before. Some will be ideas you have heard in the past but have forgotten. And others will be

ideas you come up with on your own, because of something that was triggered in your mind as you read. Understanding and applying these five steps in the learning and retention process can help you retain more of what you read and experience.

## **Action Makes the Difference**

It's important to keep an open mind as you read, hear, or otherwise experience ideas that can help you. Try not to judge them or cast them aside too quickly because they don't sound good, they are not part of your personality or make-up, or because you may have heard them before.

Instead, consider these courses of actions:

If you've heard an idea before, say to yourself, "Yes, I've heard that before, but am I using it?" If not, "Why not?"

If you are currently using the idea, ask yourself, "How effective am I at using it? How can I 'plus', or

improve on it to make it even more effective for me in my life?"

Next, ask yourself this question: "What will I do as a result of what I've learned?"

Remember, it's not what you know, it's what you *do* that counts. Ideas are powerful and good ideas are really important for your health. They're what keeps you growing and alive, vital and vibrant. Putting ideas into action can make a huge difference in the way you feel, in the results you experience and the fun you have. Being healthy may also impact the profits you make.

This manual is full of good, practical, and usable ideas that can help make a big difference for you. But it's up to you to tailor them to your own unique situation, and more importantly, to put them into action.



## How Healthy Are You?

If you don't learn another thing from our time together, remember this...

**You're NOT in the health you are in by accident;  
It's mostly by choice.**

Read that sentence again... and again... and again. Digest it. Understand it. Internalize it. Make it an integral part of your health philosophy. Because unless and until you do, your health will be no better and no different than the health of your potentially sick family members, friends and co-workers.

Let me explain by using the healthcare industry as an example, and as I do, think about how these principles might apply to your health.

It's a well-known fact that very few people (if any at all) want to do something about their health before being faced with something serious. It's true, they may want the benefits, security and peace of mind that a healthy lifestyle would provide for them and their families, but they don't necessarily want to spend their money and time on learning about it. What does the healthcare industry sell?



## **It Sells Healthcare**

... or more accurately, disease-care. The Healthcare industry as it is known today may help you stay alive once you have passed the threshold from health to disease. There is no income for this industry if everybody stays healthy. No wonder the concept of health and vitality is sometimes challenging to grasp. It doesn't take a Harvard degree to figure it out. More advertising money is spent on promoting medications than on teaching you how to stay healthy.

Consider the way most people handle the symptoms they feel. They panic and make an appointment with a medical doctor, which may not be a bad idea if the physician is chosen with care. One of the first questions that the patient asks is whether his or her insurance will cover the cost of the consultation and the follow-up. The caller rarely asks about the results the physician is obtaining with people in the same situation they find themselves in.



Wait a minute! Isn't there more to health than the cost of a consultation and whether it is being paid by insurance? Well, sure there is. And you and I both know it.

Why is it then, that nearly everyone you know, whether it is family, friend or co-worker, makes an appointment with somebody who may have degrees but who may not be in the best of health themselves?

Why is it that we don't shop around for health practitioners who themselves experience vibrant health and are full of energy and vitality? Why don't we change our thinking away from health insurance reimbursement and on to other, more important things, like emphasizing true health and well-being?

Price is important, don't get me wrong. It's very important. And it carries a lot of weight in a person's decision.



But it's only one of many factors that a person needs to consider when making a health decision.

Most physicians are caring men and women who have studied long hours for many years so they can help suffering people. Most of them have studied how

the body functions (anatomy and physiology) and what germs do to the body. They have learned which medication to give to alleviate the symptoms presented



by their patients. Western Medicine is the best in the world to take care of emergencies, be it a car crash, a fire or a heart attack.

However, the concepts of "health by design" and "vitality by choice" is mostly unknown to the medical community.

Look around you. If people keep on doing what they've always done... they'll keep on getting what they've always gotten.

But you... if you want to get something different... you've got to be willing to make some changes. And that's what this program is all about. Making changes... changes that will produce real and measurable results in your life.

However, what you will learn here is not enough. These ideas and strategies alone won't work. You've got to act on them, if you expect anything different than what you've currently getting.

So, make the action commitment now... and let's get started!







*"Facts do not cease to exist because they are ignored."*

Aldous Huxley, Visionary Writer

# 1

## **Achieving Vibrant Health and Peak Vitality**

### ***Personal Traits of Exceptional Performers***

Some time back, a friend told me the story of a dinner that took place with Earl Nightingale, the

famous radio personality and producer of self improvement cassette programs.

Earl made his life's work studying successful people and how they achieved their successes. My friend had long admired Earl for his ideas and philosophy.

On that occasion, the question was asked of Earl about what advice he would give a young son if he had



one. What, based on his vast experience and knowledge, would be the one thing that would help a son ensure success both in business as well as in personal life.

Earl said, "You know, I have often thought about that very question. And after all the years and all the study, I've come to the conclusion that your success in life, or in business for that matter, can be boiled down to one thing. That is, your rewards will always be in direct proportion to the amount of service you render."

"You only have to look around," he said. "The people who serve others prosper. The people who

don't serve others don't prosper. And you can tell just how successful a person is by the amount of service they render to others."

"The problem," he continued, "is that unsuccessful people either haven't learned that great secret, or they don't apply it."

**"The successful people are the ones who develop the habits of doing the things that unsuccessful people don't do for one reason or another."**

## **What Failures Don't Like to Do**

Earl's comments hit my friend like a big hammer that night, as he realized how true they were. The healthier you are the more you can serve others, and the more you will prosper.



Think about a business owner, business manager, professional person or entrepreneur, serving customer's needs effectively. It means that he or she must do the things

unsuccessful business owners, managers, professionals, and entrepreneurs don't do. The things that those unsuccessful people don't do are the things that most of us don't like to do either.

There is no doubt that it is difficult to work long hours or on weekends when your family is waiting for you at home, and only have a couple of "shoppers" stop by or be stood up for an appointment someone made for you.

It's tough to make telephone calls, only to be met with hostile and rude people on the other end who curse at you or slam the phone down.

In the same manner as in business or professional life, it is discouraging to set health goals, schedule exercise time, explain to others why you eat the way you do and the benefits of your lifestyle, overcome your family, friends and co-workers' objections and misconceptions and go out of your way to experience vibrant health and peak vitality, only to have your friends seek other less focused acquaintances.



Enough of these experiences can be discouraging for anyone. And after a while, some people just quit trying. They find it easier to adjust their standard of health downward to match their friends', rather than to adjust their health upward to create their desired standard of health.

They are no longer in control. Family, friends and co-workers dictate the sacrifice they need to make. Unfortunately for them, this downward spiral leads to many difficult days and often a painful future.

Vibrant health and peak vitality are unusual and are dependent on many factors. For some people, it just happens. They're born in perfect health, with a long lineage of people in perfect health. They do nothing special, and everything just falls into place for them. Others put in much work and effort, only to find average success.

A clear understanding of health and success principles, a well-developed and executed plan, and certain personal traits and characteristics can help move you towards your goals more quickly.

Here are some personal qualities to consider:

# **Eight Personal Qualities For Success**

## **1. Know What You Want**

Know yourself and exactly what you want and expect in way of health and vitality. So many people seek health and spend years without having any idea of what they truly want, or what is possible to experience.

Most people are working so hard toward staying healthy that they don't take the time to pause and set achievable goals. As a result, they become slave to a routine, rather than have the routine work for them.

Take the time to carefully analyze where you've come from, where you are now, and what you want to accomplish with your life and health.



Then begin to set some meaningful goals to help you accomplish your objectives. You see, if you don't know where you want to go, you'll have no idea of what to do to get there.

Meaningful goals are essential requirements for success in business. So are they for success in health

and life. With goals, you have a target to aim for, a purpose for being, and a direction to travel. Without goals, it's easy to wander aimlessly, getting sidetracked with any little thing that comes along.

When you set your goals, think of the word "S.M.A.R.T." You should have SMART health goals. It means that your goals should be:

- **Sustainable** (Simple and Specific)
- **Mood-Enhancing** (and Measurable)
- **Achievable** (or Attainable)
- **Response-Able** (as well as Realistic)
- **Transformational** (and Time-bound)

It is important for your health goals to be **Sustainable**. If you can only implement them in certain circumstances and for a short period of time, you may want to rethink them. Eating only grapefruits for instance is NOT sustainable. Choosing to eat organic food when available is a more sustainable goal. Small **Simple** steps will help you sustain it.





Being **Specific** is important as well. To reach a goal, you need to have a target, to know exactly what you're shooting for. Your goal should be clearly defined and identified so you not only know what you are trying to accomplish, you'll also know when you achieve it.

Take this example: "This month, I will go shopping at a local Farmers' Market once a week and choose the best organic fruits and vegetables I can



find and/or afford." It is a sustainable goal, meaning you can continue to go to Farmers' Market the following month, and the month after... (if you do not have Farmers' Markets available where you live, choose to go to a health food store). It is quite simple... we need to shop for food anyway. Making a better choice as to where to buy your food is a good start. It is specific as well... and a step in the right direction.

Whatever your goal, there should be no doubt about what you wish to accomplish.



Your goals should be **Mood-Enhancing**. You are not going to enjoy your health journey if it makes you pout every step of the way. It's been said that it's better to eat ham in a good mood than tofu with a frown. However, eating healthy foods will slowly help you balance your hormones and enzymatic functions. You will start to experience more vitality; you will accomplish more in a shorter period and with more energy; you will feel good thus get along better with people. Eating healthy foods will improve your mood without needing hours of therapy.

Your goals should also be **Measurable**. That is, there should be a system or method of determining how you are progressing in your efforts for attainment. Clearly defining your goals as discussed in the previous step will enable you to measure your evolution. It's important for you to see your current status, as well as progression towards your goals. Keeping a visual score (as in making a chart) of where



you were, where you are at, and where you want to be is a powerful mind tool for success.



Next, your goals should be **Achievable** or **Attainable**. If your goal is too high... if there's no hope for you to reach it, it won't take long before you become discouraged. You will either lose concentration or the drive necessary to pursue your goal, and you might abandon it altogether.

Your goal should be incremental, and something you can reach with just a little extra effort.

Maybe your goal is to eat less sugar, a very worthy goal. It will be easy, for some people, to cut down on sodas and pastries instantly. For others, it will take a little longer, as they advance one small step at a time.

Dr. Robert Maurer tells the story of one of his clients who used to put four teaspoons of sugar in her cup of tea. Her goal was "no sugar at all." The first week, she removed a quarter of a teaspoon; the next week, she did the same. In three months, she was down to one teaspoon of sugar in her cup of tea.



After that, she faced some resistance. She just could not cut back and put any less than one teaspoon per cup. She had learned from Dr. Maurer that "One small step can change your life." She decided to do it one grain of sugar at a time. It took her almost a year... but she accomplished her goal. She now drinks tea with no sugar.

In regard to your health, you need to make sure your goals are not only achievable, but that you are also

**Response-Able.** Most people don't like to see or hear the word "Responsible." It puts a lot of weight on them. Spelling it Response-Able (i.e. having the ability to respond) removes much of the resistance and makes it more achievable. It means that you are able to respond to situations and health challenges. The response-ability is squarely on your shoulders, and no one can be blamed for your state of poor health (blaming is disabling).

Your goals must also be **Realistic.** Growing wings and soaring like an eagle is not realistic for human beings, at least not at this stage of our

evolution. Losing 100 lbs by the end of a week without surgery is not realistic either. Winning a marathon or running a 100-meter in less than four minutes within a week is not realistic.



If your goal isn't realistic, that is, if it's not something within your realm of achievement, it's just a matter of time before you become frustrated and give up. Setting too high goals can have a negative effect on you as you begin to think of yourself as a failure, or not being good at setting goals.

Not achieving goals because of unrealistic expectations tends to create a negative self-image. You may give up the practice of goal setting in the future. It's a self-feeding mechanism.

The key to being good at setting and achieving goals is to be realistic in your expectations. Set attainable and realistic goals that can be reached with a *small* amount of effort, at least initially. The momentum will build, and, in time, you will soar.

In this way, you will build a success image and enhance your self-confidence in a positive way. Then,

the next time, set a little higher goal. Not much higher, just a little higher. Again, set a goal that you know you can achieve. That will add onto your previous achievement and build your confidence much more. Start small and keep reaching higher ground.

The smaller the step, the easier it will be to reach and the more successful you will feel. Set yourself up for success!

The next step is to make your goals **Transformational**. That is your end goal, the horizon to look forward to. What does vibrant health represent for you? What would you achieve if you experienced on-going peak vitality? How would your life change? What kind of friends would you surround yourself with? How would you feel? How would your body look like?



Some goals should also be **Time-bound**. That means, you should set a time limit for their attainment.

This will help keep you on target, free from distraction. It will encourage you to complete something you've started. Not only will this help you

realize success at a pre-designated time, but you will enhance your self-image by accomplishing your goal.

A large goal becomes much more manageable in small pieces. The key is to break your goals into bite-size pieces, and place a time deadline on them, for their accomplishment.



If, for instance, your goal is to change the menus you indulge in on a regular basis, break the meals down into breakfast, lunch, dinner and three snacks a day. Assuming you eat something different at every meal (unlikely) for a month, the number of meals will total 42 meals a week, or roughly 180 meals a month. Would you like to change one meal a week... or one meal a month?



If you change one meal a month, you will have changed 12 meals in a year. It will take you 15 years to change your eating lifestyle.

If you change one meal a week, you will have changed 52 meals in a year. It will thus take you a little over 3 years to change your whole eating habits. That is quite realistic and achievable.

If you eat the same snack or meal every day and change a group of menus at a time, it will even shorten the time it takes to adopt new habits. You may not want to change everything either.

Choose something that fits your personality. You may be very enthusiastic at the beginning and change more than one meal per week... then slow down a bit as it gets more challenging. Persist! Successful people

## **NEVER GIVE UP!**

### **2. The Ability to Focus**

The second quality is the ability to focus. Many people hesitate to change their health habits because they think they lack the knowledge and abilities necessary to succeed. They look at others who are successful and think that they must have unique talents or capabilities. But after getting to know that person, they find them to really be quite average.



The main difference is that the successful person has developed the ability to focus. A person of average



intelligence who is focused on a clearly identified and specific goal will consistently outperform the brightest people who are not focused on anything specific.

### **3. Determine the Price You'll Pay**

You must determine the price you'll have to pay to be healthy. For everything in life, there is a price. Some people talk about sacrifice. It can simply be a choice: eat healthy foods = vitality and longevity. Junk food = dis-eases, maybe pain and a shorter lifespan.

I read the following story about a man, - we'll call him "James" - which will illustrate the point.

A few years ago, to get a little exercise and help relieve stress, James bought his wife and himself matching bicycles. They had fun for awhile, but then a group of experienced riders flew by him one day on their fast, shiny, obviously high-priced racing bikes.

Always a competitive person, James decided that he would try to catch up and ride with them. But try as he might, it was to no avail. Nothing he did would allow him to catch up to them. That ate at James for about a week, and it was not long before he found

himself back in the bike shop getting the specifications and price of one of those "fast, shiny, obviously high-priced" bikes.



\$2,500 later, he was back on the road just waiting for those riders to pass by so he could ride with them. James was completely decked out in cycling shorts and jersey, special shoes, helmet and his new 24-speed racer.

Then, one day, it happened. The group of riders came up on James from behind; he was determined to keep up with them. A quarter of a mile later, try as he might, he was left behind. The riders were gone, never to be seen again. That really irritated James.

So, he bought several books, obtained some DVDs and sought out the help of a neighbor who was a pretty good rider. James worked hard trying to develop his cycling abilities. He rode every morning from 4:30 to 7:30, while his family was still asleep.

James encountered motorists who didn't like cyclists. Some even went so far as to run him off the road; bottles were thrown at him.

He rode in the rain and cold weather, and even in 120°F degree heat. James worked hard and eventually hired a cycling coach to help him develop his skills.

Then he entered a local race, and, to his surprise, he won! This encouraged him, so he entered another race. Then another, and another, and he kept winning.

With the new skills and confidence he was developing, he entered the state and national championships, placing very high in both. The riders who used to pass him were now coming to him for help and advice. They wondered how he could consistently beat them when he hadn't been riding for nearly as long as they had.

What they didn't understand was that it wasn't how long James had been training as much as what he had put into his training.

It wasn't what he did during the race that counted as much as what he did during the long, solitary hours of training.

It was the "sacrifices" he made that made the difference between being a social rider or the national champion he eventually became.

The same concept of “sacrifice” applies to reaching vibrant health and peak vitality.

If you want to reap the great and abundant rewards you deserve, you are going to have to do some not-so-glamorous things at some not-so-convenient times.

You're going to have to do what Earl Nightingale said you'll have to do "... the things that unsuccessful (and sickly) people don't want to do."

It may mean, depending on your body and metabolic types, that you'll have to choose different meals than others do. You may even need to associate with other friends. Packing your own snacks and lunches may not be as convenient as stopping at a fast-food place to "refill."

If you have a family, this may prove to be a challenge, even a hardship for you. If you keep focused on your goal and desire to experience vibrant health and peak vitality day in and day out, you may, when you start, have to make some sacrifices. Don't get discouraged by initial rebuttals. When your family

sees you filled with boundless amounts of energy and vitality, they may decide to follow in your footsteps.

If you are not willing to make the necessary adjustments, you can't expect to be as healthy as someone who is willing to pay the price.

#### **4. Self Responsibility**

You are totally responsible (remember, we can spell it response-able) for the health of your body-mind and for your life. There are no excuses.

There may be set backs or times of weaknesses and challenges that could affect your energy.

The supplements you are using, which make you feel so good, may be discontinued and you will have to try others. The change of seasons may affect the way your body feels and you may have to adjust your lifestyle.



Life on this planet is uncertain. Challenges and roadblocks are common occurrences. Stress from professional and personal problems can derail you at times. Keep your eyes on the goal!

While things absolutely have an impact on you and the way you focus on your health, it is important to realize that some things are beyond your control, and it's up to you, and you alone, to take responsibility for the success of your goal.

No matter how bad you might have it, no matter what difficulties or challenges you might encounter, let



me assure you that there are many people who have had difficulties and challenges far greater than any you are ever likely to encounter and, somehow, they managed to pull through. You can do the same.

Here's a little credo that can help you. It contains just ten, two-letter words:

**"If it is to be, it is up to me."**



That simple one-line sentence says it all. It places the responsibility exactly where it should be... directly on your shoulders.

## **5. Commitment**

Make a total commitment to your success. Once you have made the decision to experience and enjoy vibrant health and peak vitality, live it.

Get into it with both feet. Don't let anything hold you back.

Even more than setting a goal of being healthy, visualize health moving into every cell of your body.

Make a commitment that you are going to succeed, no matter what.

Don't focus on too many goals at once. Settle for one at a time. Once achieved, move to a second one, and a third one, and so on.

## **6. The Extra Mile**

The sixth personal quality necessary to achieve outstanding health and vitality is that you must be willing to go the extra mile.

It's the "under promise, over deliver" concept, which you will now use for yourself.

Set small, simple, sustainable and achievable goals... and go the extra mile. If you decide you will

skip eating a donut one day a week, give yourself a small reward if you go two days without donuts. If you decide to eat a raw meal once a week, reward yourself if you do it twice. If you decide to fast one meal a week, reward yourself for fasting a whole day.

"Going the extra mile" will boost your confidence and self-esteem. Rewarding yourself often along the way will boost the pleasure you have at achieving worthy goals. It will turn into a loop of higher confidence leading to higher self-esteem leading to higher pleasure leading to higher confidence... and so forth.

Few people are willing to go that "extra mile" despite the rewards. This simple truth says it all:

**"There's no traffic jam on the extra mile."**

## **7. Control Your Time and Your Priorities**



The seventh quality is that you must master and take control of your priorities. Each one of us has the same 24 hours in each day. When those hours



are gone, they cannot be replaced. They are gone forever, never to be recaptured.

You must treat your time as precious, and guard it wisely and selfishly. Don't let anyone disrupt you or take you away from the focus you have on your goals.

People who don't have goals are used by people who do. If you let others draw you away from your goals, you are simply saying that their goals are more important than your own.

If you are serious about succeeding, really serious, then this is one of the most important and critical areas to defend.

## **8. Persistence and Determination**



Number eight is to develop persistence and determination. From time to time, you will encounter set-backs or reach plateaus where it seems like nothing is going right.

You may feel "under the weather" because you are releasing toxins too fast. On the other end, you

could feel wonderful while everybody around you feels sick and miserable... which sometimes, as strange as it may seem, brings feelings of guilt. "Who am I to experience vibrant health and peak vitality? Who am I to have so much energy while others are down? What is going to befall me?"

Don't spend time in a defensive posture. Enjoy being healthy!

It is NOT time to give up. It is time to dig in and stay your course. Maybe it can also be the time where you can play a little more offensively, and let people know why you are so healthy... and they are not.

You can show empathy for your family, friends and co-workers. Let them know that being healthy is a CHOICE!

Your strategy should be to keep in touch with your body and to continue to provide it with the nutrients it needs to stay at peak performance. During a period when everybody around you is sick, you may even want to add specific foods and whole food supplements that beef up the immune system.

Resolve in advance that no matter what, you'll never give up.

## **Six Personal Abilities That Help Guarantee Results**

In addition to these eight personal qualities, there are six additional abilities that can help you achieve even greater success.

### **1. Effective Communication**



Do you hear your body trying to communicate with you? Yes? No?

The pain that you are experiencing in your back is your body's attempt at communicating a discomfort.

The headache or stomachache that has been bothering you for a few days... once again, the body is trying to communicate that it is facing a problem.

Are you listening? Will you just put a band-aid on it or will you truly listen so it does not get worse?

The ability to hear your body's message is the first step in building a two-way communication between you and your body. Don't shut your body's cries for help. Listen. Is it overwhelmed with stress? Is it lacking nutrients? Does it need rest? Did it experience a shock or a trauma? Does it want attention?

It's easier than you think. As you listen and truly hear, answers will come to your mind. Be silent, be quiet... listen.

## 2. Staying on Target

This is the ability for you to quickly make midstream corrections. Each one of us is human and subject to the frailties that accompany this mortal life. From time to time, we all make mistakes or errors in judgment.



Making the mistake or the error is not the problem - the first time. However, when you keep making the same mistakes over and over, without learning from them, or when you fail to quickly

recover and make the necessary corrections to avoid total calamity, molehills turn into mountains.

### 3. Developing Foresight

Developing foresight means having the ability to spot and analyze the state of health you are heading for. Being able to look at the past, as well as what is happening today, and predict what might happen in the future, can have a significant impact on your wellness state.



Chart your progress. How did you feel a year ago? How do you feel today? If you continue in the same direction, are you going to feel better or worse one year from now?

### 4. Demonstrating Leadership



The fourth ability or skill to develop for outstanding results is that of leadership. The first order of a leader is to have the ability to take charge and move himself or herself into action.

Work with yourself as you would with a client or customer. Identify and analyze your needs. Prepare and recommend a good, workable plan that will satisfy these needs, a plan that is right for your particular situation and that fits into your life.

You are the one who knows your body the best. "Professionals" can only offer advice; they don't know you as specifically as you do. You are the expert on you! Assume your response-ability!

If you approach yourself with the same dignity and confidence you would show your family, friends, clients or co-workers, you'll be amazed at how clear your body's messages will become and how good you will be at solving its problems.

## 5. Persuasive Self-Talk

Have you ever had a conversation with yourself?



Being able to communicate with the parts of you that have a different opinion of the situation is one of the most important skills you can develop.

Does a part of you want to lose weight... while another part prefers to eat desserts every day? Does a part of you want to exercise, while the other part prefers to watch TV?

We all have these different parts playing competing roles in our life. There is, however, a part of you who leads the show. It is this part who needs to become a stronger leader, a convincing leader, one who can "sell" a goal or a plan to the others.

Many parts of you know very little about what's good for the whole. There may be a part who used to eat sweets to appease anxiety. That part may be afraid that if you stop eating sweets, it will experience panic attacks. You can appease that part and explain that with proper nutrients and mental fitness techniques, anxiety will disappear altogether.

There may be a part of you that does not like to get wet exercising outside on a rainy day. Let that part know that you will take the proper care to not get cold, and that you will choose another moment to quietly watch TV or have a peaceful activity inside.

As amazing as it sounds, it is quite possible to make agreements between the different parts of us whose conflicting voices can be frustrating. Be patient and develop the ability to listen attentively, and then to work together for the common good.

By knowing your goal and the plan you have to get the results you want, you'll be able to give answers, solutions and better value to all the parts that might be in conflict. As you improve your persuasive skills, and the different parts of you decide to trust you and cooperate, you will feel good about yourself and experience a profound sense of peace.

They, the conflicting parts, will also feel good about cooperating, knowing that they were heard and that you truly are working for the benefit of the whole.

The different "parts" of our being appreciate good leadership. As you continue to pay attention to



them and honor their requests, you will move into a partnership, where the sum of all your parts will play together as a beautiful symphony.



## 6. Taking Action



The sixth ability to develop is that of action. All the things we've discussed in this chapter will do you, nor anyone else, any good if you don't act and do something about them.

Remember, action is the key. As we discussed earlier, it's not what you know, it's not what you talk about, it's what you do. True success in business, health or life, is an on-going process. As Joel Weldon puts it:

### **"The Road to Success is Always Under Construction"**

Some people say that knowledge is power. It isn't. Knowledge is not power unless it's applied. This chapter has supplied you with some vital knowledge necessary to start and keep you on the road of vibrant health and peak vitality. You now have the knowledge - it's up to you to put that knowledge into action.

*"A journey of a thousand miles must begin with a single step."*

Lao Tzu, Chinese philosopher and founder of Taoism

# 2

**D + D<sup>2</sup> + D + D<sup>2</sup> = SUCCESS**

**4 Steps To  
Transformation**

***Establish a Positive Identity  
to Attract the Life of Your Dreams***

Think of the words "Vibrant Health" and "Peak Vitality." What do they conjure up in your mind? Probably NOT the picture of somebody hardly able to

move, pinned down by rheumatism. Probably NOT somebody complaining of constant aches and pains.

Before you can live in Vibrant Health and Peak Vitality, you need to have a clear picture in your mind of what that means for you.

## 1. "D" stands for **DECIDE**

Success is just a decision away. Look at it this way. Deciding one way may lead to the picture on the left... Deciding another way could lead to the picture on the right. What's your choice?



What does it mean to make a decision? Let's practice. Take a sheet of paper and write down what you don't like about your health, holistically, i.e. physical, emotional, mental, social and spiritual. Under that list, trace a big line, like this.

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**DECIDE** that this way of living is OVER!

Under that line, or on another sheet of paper, write down all that you want in way of physical, mental, emotional, social and spiritual health. What do the words Vibrant Health and Peak Vitality bring to your mind?

There is a more kinesthetic and effective way to do this exercise.

Make two lists: one of what you will NOT accept any longer in your life and one of what you must have. Set the lists on the floor facing each other. Stand between them, facing the one of what you will not tolerate any longer. Read it out loud... Ponder it then make the decision **out loud** and

turn your back to it. Now, you are facing the one of what you must have. Read the list of what Vibrant Health and Peak Vitality mean to you. Read it again... listen to your voice... feel it... Vibrant Health and Peak Vitality.

## 2. "D<sup>2</sup>" stand for DREAM and DESIGN



Allow yourself to relax and to go, in the theater of your mind, to a place you

find beautiful, safe and peaceful. Make yourself comfortable there. Look at the scenery around you, listen to the sounds, smell the aromas.

As you relax more deeply, allow images of what life in Vibrant Health and with Peak Vitality mean to you. What would you accomplish? Where would you be? With whom would you be? What would you eat? How would you move? What would you wear?



After dreaming about it, go to the drawing board and make a blueprint of what that life would be like. Write everything down, on paper (NOT on your computer). The act of using your hand to write things down anchors them more deeply in the processes of your brain. You can also make a Mind Map, a very effective process. You may spend several days Dreaming and Designing.

### **3. The next "D" stands for DEVELOP**

Dreaming and Designing are wonderful occupations but will not get you where you want to go without developing some actions.

Developing a Plan of Actions is what this stage is about.

- Do you need to go to the library or a bookstore to learn about nutrition and what specific fuel your body and metabolism thrive on? Do it!  
You may want to study on Blood Types and Metabolic Types for instance, or get my program *Vibrant Health and Perfect Weight*, where I have condensed 40 years of research on nutrition - Go to my website – <https://hha-usa.com> - and look for the books and programs I offer.
- Read Biographies of people who have conquered challenges and achieved Vibrant Health and Peak Vitality to keep you inspired and motivated.
- To be healthy, you need movement in your life. All your functions, from digesting to boosting your immune system, depend on movements. How will you move? Do you like to exercise with a group? Competitive sport? Hiking? Walking? Swimming? Ponder on what you will enjoy doing and set a date to get started.

- Do you need to first find exercises to remove the dysfunctions (pain) in your muscles and joints? One great book on living without pain is *Pain Free* by Pete Egoscue.
- Would hiring a coach make things easier?

Develop a plan with specific destination points.



Educate yourself, read books, prepare menus of nutritious foods, add supplements, get inspirational programs to keep you motivated, join a support group, etc... Get ready to start your next step.

#### **4. The last "D<sup>2</sup>" stands for Deploy and Deepen**

On "D" day, go back to your relaxed state, and review your dream, your design and how you developed it. See yourself, in the theater of your mind, starting to deploy that dream. See yourself eating nutritious foods, moving easily, enjoying life, experiencing Vibrant Health and Peak Vitality.



"Inch by inch, it's a cinch."

You do NOT become a world champion in one day. You will experience setbacks; everybody does. You are a human being... it's ok. Go slowly and allow the momentum to build. Slow and steady... write down your progress.

Sometimes, there are detours in our lives.



Unexpected events happen.

Think about it this way: if you decided to take Interstate 80 from the east to the west coast and encountered detours because of road work, would you abandon and turn back? Probably not. You'd take the detour, then jump back on I-80 as soon as possible. **A detour is NOT a defeat.** It just slows you down a bit. Keep the dream alive.

As you move on the road toward the Vibrant Health and Peak Vitality lifestyle you have dreamed about, designed and developed, check your progress after a month. Reward yourself when you reach your first "destination." Reward yourself often.

Small consistent steps... small consistent rewards.



Train your mind to enjoy experiencing success, little successes, then bigger ones.

Review your journey often. How far along are you? How did your plan work? Did you put too much on your plate and need to move slower? Did you achieve more than you expected? How do you feel now?

As you reach progressive goals, your ideas of living in Vibrant Health and with Peak Vitality will deepen and widen. You may not have remembered how good it felt to have so much energy. You can even see yourself having more.



Go back to the drawing board: Decide, Dream and Design, Develop, Deploy and Deepen again.

As you reach the horizon, a new one beckons you.

Enjoy the journey!

*"If it can happen to me, it can happen to you."*

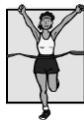
J. Michael Zenn, an ordinary guy who discovered an  
extraordinary secret

# 3

## **5 Keys To A 5-Star Life**

***Establish a Positive Identity  
to Attract the Life of Your Dreams***

Think again about the words "Vibrant Health" and "Peak Vitality." What images



come to your mind? Do you imagine a doctor, a dancer, an actress, an Olympic champion, or perhaps a motivational speaker?

Did the image of a private beach or a crowded one with people of all sizes and colors come to mind? Did you visualize the starting or the finishing line of a marathon?

What criteria do you use to define the words "Vibrant Health" and "Peak Vitality?"

What is your "Health Identity?" Do you believe you can be healthy? Do you subscribe to a cultural belief stating that health is only for a select few and that it is too hard to attain or maintain for you?

On a level of 0 to 10... what is your health level today? (0 = way down... and 10 is at the top of what can be attained).

What is the Health Level of the public at large? Is that what you want for you?

Is Vibrant Health only attainable for short periods of time? Is it only realistic or even possible until you reach about 40 years of age, after which, it's a downhill road to the grave? What are your beliefs?

Do you believe you need to be an athlete and exercise hours per day while eating unappetizing food to experience Peak Vitality?

What if you were told that both Vibrant Health and Peak Vitality can be S.M.A.R.T. (Sustainable, Mood-Enhancing, Achievable, Response-Able and Transformational) choices for EVERYONE, until the end of life on this planet?

The way you live, act or perform daily has a big impact on you, your family, friends and co-workers.

The way you take care of your health (physical, mental, emotional, social and spiritual) says a lot about you. It also places you in a category in your family, friends, clients and co-workers' minds. What will that category be, "Wow... that guy/gal is in super shape and accomplishing his/her heart's desires" or "poor guy/gal, always tired (maybe lazy), never getting anything out of life."

In truth, the state of your health is going to help you be successful in all your endeavors (financial and romantic) and is mostly a matter of choice.



First, the critical question is, "How do you want to feel?" Always tired and having a hard time getting



out of bed, day after day after day... or waking up full of energy and zest for life, ready to enjoy another wonderful day on this planet?

This introduction to the 5 Keys to a 5-Star Life will not give you all the nuances of the complete program, yet you will get enough to start on the road to Vibrant Health and Peak Vitality.



## Five Keys

**Key # 1** concerns the physical care of your body using nature, nourishment, cleanses and movement.

**Key # 2** allows you to change the feelings you have about events at the snap or tap of your fingers. It is all about Emotional F.R.E.E.D.O.M.

**Key # 3** gives you tips and techniques to help you stay consciously focused on the goals you have set for yourself, without being swayed by random events.

**Key # 4** gets you to interact and partner with your subconscious mind, which is running the script of your life 95% of the time. Wouldn't you like to be in charge?

**Key # 5** is about Energy and Attraction. It holds the other 4 keys together. The Law of Attraction, although as old as the world exists, is almost a "new kid on the block" today. The movie *The Secret* brought it to the attention of the general public, yet what happens behind the scenes of the Law of Attraction often baffles people. The Law of Attraction is part of a set of spiritual laws. Why does it seem to work sometimes... and sometimes not?

Let's explore these 5 Keys!



### **Key # 1: Vibrant Health and Perfect Weight, the S.M.A.R.T. Way**



Your body is the vehicle that takes you through this life. Just like a car, it can get into accidents and suffer bumps and bruises. The better you



take care of it, the more faithful it will be. You would not put vinegar in your car, so why put junk fuel in your body?

The difference between a car and your body is that you can replace your car... you only have one body in this life. Why not take care of it?

Here are a few tips:

**a) Sunshine** is good for your body; it boosts your immune system and your mood.



Research now shows that it is more likely to prevent cancer than cause it. Spend some time in the sun, daily if you can, without over-indulging.

Gazing at the sun for a few minutes when it rises or sets low on the horizon boosts your body's absorption of minerals and vitamins.

**b) Rest and Sleep...** your bodymind needs periods of rest to repair and recharge. How many



hours? It depends on your own individual make-up. Some people do fine on 4 hrs per night... others need 10 hours. How many

do you need to feel refreshed when you wake up? For most people, it's around 7-8 hours.

A 20-minute power nap during the day can also be beneficial to your health. Try it!

**c) Nature:** a walk barefoot in the sand on a beach is energizing as is lying down on a grassy



meadow. Barefoot connection with nature re-sets your system, as does swimming in the ocean. Breathe fresh mountain air wherever you can, touch rocks, surround yourself with living plants. Nature is your friend,

nature is healing.

**d) Pure Water:** Drink the purest water you can find. If you have a spring close to where you live, take advantage of it. Avoid tap water whenever you can; it's



usually full of chemicals which are not your vibrant health's friends. Drink out of glass, not plastic when possible. Try different kinds of water and check how

you feel after drinking. Your body will tell you. Listen! Many different filters can be found on the market. It's



worth using the best, as pure water is one of the most important cleansers and energizers.

### e) Fuel Choices:

- Use intact salt, i.e. NOT refined. Unprocessed salt still has all the minerals and trace minerals (about 86-123) it is meant to have. Our cells are bathed in salty water. When there is an emergency and you are taken to a hospital, you usually receive a saline solution, i.e. water with salt. Salt, the right kind of salt, is very important to your health and wellness. Stay away from regular table salt, which is a mockery of the natural goodness of true salt; it may even be poisonous to your system.



- Sweets... most people love them, and most people over-indulge in them. If sweets you must have,



choose the healthy ones, i.e. made with natural sugars, the best ones being organic Stevia, organic raw honey, organic palm sugar or organic dehydrated cane sugar. Beware of regular honey or agave nectar; often, the label is deceiving, i.e. you don't get what you think you are getting. Stay away from white and brown sugar, as

well as ALL artificial sweeteners. Long term, they all spell disaster for your health. Artificial sweeteners may have "0" calories, but the side-effects are not worth the risks.

- Do your own research on websites like Mercola.com or GreenMedInfo.com



- Fruits and Vegetables: grow your own, from heirloom seeds if you can; go to Farmers' Market; choose local and organic or health-oriented food stores. Frozen fruits and vegetables are ok. Stay away from canned food, as it is practically devoid of nutrients.

- If you are a meat-eater, choose grass-fed beef, bison, elk, venison, free range chicken (air-chilled) and turkey, and fish caught in the wild (i.e. NOT farm-raised). Stay away from commercial meats, as the food and conditions of feedstock animals are deplorable... and their ill-health and energy pass onto you.



- Grains: depending on your blood and metabolic types, you may or may not be



able to digest them. Be Response-Able. Check how you feel after eating bread, pasta or corn. Are you sleepy? Headache? Congested? Stomachache? Grains may not be the best for you.

• Dairy? Be Response-Able. Most people have an intolerance to dairy. Check how you feel and act accordingly.



If you suspect that a food may be giving you undesirable symptoms, stop eating it for 3 weeks, then eat it again... and pay attention to the way you feel. If that specific food was a culprit, the symptoms should have abated during the 3 weeks and should come back when you eat it again. Then... it's a question of choice. Do you prefer to indulge and experience the undesirable symptoms, or will you choose Vibrant Health... and a great feeling?



**f) Move!** Your body was designed to move. None of your bodily functions, from sleep to elimination will happen happily if you are not moving. I am not talking about high impact exercises, kick boxing or preparing for a

triathlon. Simply start moving and keep on adding more movements. We have become a sedentary society, which is reflected in the poor health of most



people. Park your car further from the store and walk. Use a shopping basket instead of a shopping cart (that's weightlifting). Climb a few flights of

stairs instead of taking the elevator.

We are all different and like different types of movements. Do you like to dance? Sign up for a dance class or get



some dance DVDs and do it in the privacy of your own home. Do you need something peaceful? How about Yoga,

Tai Chi or Chi Gung? Sign up with a hiking group if you like to walk in nature. Do you enjoy water sports? How about a swimming class? It does not matter what you do, you just need to MOVE!



**Key # 2: Emotional F.R.E.E.D.O.M. (Freedom and Release of Emotional and Energetic Disturbances Or Mental blocks)**



Emotional F.R.E.E.D.O.M. is part of what has been termed Energy Psychology (EP) or Meridian-based energy therapies. It is based on acupuncture principles, i.e. the insertion of needles on specific points of the body. However, with EP, no needles are used. Instead, specific points are gently tapped with the tip of your fingers.



Does it work? I have studied many techniques and strategies in health, psychology and human potential development for some 40 years. NOTHING comes close to the effectiveness of what's now being commonly called the "Tapping Techniques."

Gary Craig, the developer of one of the most used and effective Tapping Technique called EFT-Emotional Freedom Techniques, has this to say, "Based on impressive new discoveries involving the

body's subtle energies, EFT has been proven clinically effective (over 80%) for Trauma, Abuse, Stress, Anxiety, Fears, Phobias, Depression, Grief, Addictive Cravings, Children's Issues, and hundreds of physical symptoms including headaches, body pains, and breathing difficulties.

- It often works where nothing else will
- Usually rapid, long lasting, and gentle
- No drugs or equipment involved
- Easily learned by anyone
- Can be self-applied
- Enhances inter- and intrapersonal communications
- Turbo-charges affirmations
- Unleashes creativity
- Boosts sport/business performances
- Works on animals too."

The success of the Tapping Techniques is because it addresses the problem at its root cause, the energy system.

## **"The Cause of ALL Negative Emotions Is a Disruption in the Body's Energy System."**

Removing the disruption frees up the trapped emotions.

My first encounter with the Tapping Techniques was in Los Angeles, during the annual conference of the Academy for Guided Imagery. I went to the Tapping workshop, not knowing what I was going to be exposed to. It revolutionized my life for years to come.

Let's not go into all the details of the technique, which are available my [F.R.E.E.D.O.M. Course – Unleash Healing, Confidence, Passion and Mastery.](#) Let's just look at some practical tips, which is what I was given during the first workshop I attended. Just this one technique led to a powerful transformation in my life.

Look at the diagram on the next page, which shows some of the Tapping Points we are going to use for this introduction.

Don't pay attention to seemingly silly aspects of the technique (some people don't find it "spiritual" enough); I can guarantee that the results you will experience will alter your life and amaze you. You don't even have to believe that it works for it to be life transforming.





Here are the Steps to get you started with the Tapping Techniques:

**Step 1:** Focus on a problem or challenge, such as a fear or a phobia, sadness or anger over an event, or even a pain...

**Step 2:** Sense how distressful your challenge/problem is on a level of 0 to 10 (0 being no problem, and 10 being unbearable).

**Step 3:** Gently rub in a circle what is called the NLR point as shown on the diagram. It's also been called the "sore spot"... because it is often sore. Alternatively, you can tap on the side of your hand below your little finger (it's called the Karate Chop Point or KC Point) with 3 fingers if it feels more comfortable or if the NLR spot is too sensitive.

While rubbing the NLR point or tapping on the KC point, say the following statement 3 times, preferably out loud,

"Even though I have this challenge (state it, like 'anger toward my father,' or 'fear of flying,' or

'headache,' or ...), I deeply and completely love and accept myself."

**Step 4:** Gently tap on Points 1 to 7 (Pt. 8 is rarely used) while saying a reminder phrase like "anger toward my father," "fear of flying," "headache," ... then tap gently on the crown point.

Check your level of distress again. Is it still where it was? Is it higher or lower?

**Step 5:** Do several rounds of tapping... until you get to a level of 2-3... or even to a "0," stating, once again 3 times,

"Even though I *still* have some of this problem, I deeply, completely and unconditionally love and accept myself, anyway."

Tap on points 1-7 + Crown Pt. with a reminder phrase, such as "Remaining anger" or "Remaining fear of flying" or "Remaining headache."

That's the beginning of the F.R.E.E.D.O.M. Techniques (my own "cocktail" of Tapping Techniques). Don't brush it off by its seeming simplicity or silliness. I have studied dozens of psychological techniques over the years. NOTHING

comes even close to the effectiveness of these Tapping Techniques.

**Caveat:** If you are facing serious challenges, like Post Traumatic Stress Disorder (PTSD) from extreme trauma or abuse, or unbearable grief, I would suggest that you seek and work with a therapist well versed in your specific problem AND the Tapping Techniques. Their expertise and insight will be most valuable.

Pain is always there to tell us something. Sometimes, it means "Go to the hospital and be taken care of," like in the case of an appendicitis. The Tapping Techniques will NOT work on this kind of pain.

However the Tapping/F.R.E.E.D.O.M. Techniques have been most effective in releasing the memory of a pain, for example one linked to an accident. Once the physical injury is taken care of, and osteopathic or chiropractic care don't seem to lead anywhere, the Tapping/F.R.E.E.D.O.M. Techniques are a powerful ally.

What do you use the Tapping/F.R.E.E.D.O.M. Techniques for? Anything and Everything. They work

on babies and animals (i.e. it's not only the placebo effect which comes into play) and they work whether you believe in them or not.



The Tapping Techniques were first used for psychological problems like fears and phobias, then were used to abate the psychological remnants of traumatic experiences. Medical doctors started to see physical pains diminishing in patients who were using the Tapping Techniques.

The technique then invaded the world of sports, to help athletes, golfers, basketball and hockey players, etc... release stress and mental blocks to increase their performance.



Finally, businesspeople found out about the Tapping Techniques and have been using them to increase their sales, release the fear of making cold calls, and increase their income.



Learning to master the Tapping/F.R.E.E.D.O.M Techniques is by



far the BEST investment you can make toward achieving Vibrant Health and Peak Vitality!



### **Key # 3: Mental Fitness Training**

Is a champion born a champion? Yes and no. Some people show talent from the start, while it develops later for others. However, training and discipline are needed for all people who want to rise above the crowd.

Discipline is not a dirty word. Discipline means Freedom. Does an athlete only exercise on the days that he or she feels like it? Does a champion chess player only show up for the big game? Do successful business owners just have good days? Do people just "happen to be healthy?"

It takes discipline to become a leader. You have to lead yourself to success. It does take training, consistent training.

A wandering conscious mind that is not focused on a task wastes a lot of time. If everything in life

distracts you, you will not succeed. You need a disciplined mind.

A few minutes of consistent daily mental exercises will help you keep a focused mind. Here are some simple exercises you will benefit from:

**Exercise 1:** As you walk (you can multi-task: walking for movement while doing mental exercises), look around and focus **ONLY** on vertical lines in your field of vision for 30 seconds. Then, focus **ONLY** on horizontal lines in your field of vision for 30 seconds. Do another 30 seconds on vertical lines and then 30 seconds of focus on horizontal lines.

Silly exercise? **NO!** It is training your conscious mind to do what **YOU** want it to do, instead of having it dictate to you what you should be thinking about.

**Exercise 2:** Relax and listen to a piece of music. Start by focusing only on the voice (if there is a singer) or on one instrument. See how long you can keep focus on the same instrument. Do



this exercise daily, increasing the time you are able to focus on just one instrument... then choose another instrument to focus on.

Once again, this exercise is meant for you to regain mastery of your conscious mind, and train it to do your bidding, i.e. focus on what YOU want.

**Exercise # 3:** If you are a more kinesthetic person, allow yourself to touch different textures: wool, wood, grass, some fruit... focusing only on the sensations brought to your fingers or skin.

**Exercise # 5:** Experience tastes. Put a raisin in your mouth and focus first on its texture as you roll it around in your mouth, then on its taste as you consciously bite it. Take your time... Extend the time you focus on this exercise, starting with 30 seconds and increasing (some people do it for up to 30 minutes).

There are computer games especially designed to increase your memory, attention, mental speed and flexibility as well as problem solving abilities. You will

find them at [lumosity.com](http://lumosity.com). The yearly membership is inexpensive, and they are highly recommended.

The greatest practice of all though is to live with gratitude. It is not always easy. When everything goes wrong, gratitude is rarely on your mind. Do it anyway. I remember pacing the yard in jail (it took 52 steps to go around), being grateful for the minutest things I could find. I had been falsely accused of a crime I had not committed and had to keep focused to not lose my mind during this insane time.

Spend the last 30 minutes before falling asleep thinking of positive things or listening to quiet music. Research shows that what you think about during that last half hour will be replayed some 17 times during the night.

**THANK  
YOU**







## Key # 4: Subconscious Partnership or The Power of the Mind in Healing

*The Power of the Mind in Healing* was the title of my Ph.D. thesis. I've had a fascination for the workings of the subconscious mind and the brain since my early teens, and that fascination has not abated.

It's been said that 95% of our thoughts and actions are due to the programming of our subconscious mind.



How do we acquire beliefs and get programmed?

First, we are born with some programs already installed genetically. You may have inherited blue or



brown eyes, black or blond hair. You also inherited emotional and mental programs. For example, if your great-grandmother had depressive tendencies, which she did not deal with during her life-time, it is possible that these tendencies were transmitted through cellular memories down the genealogical lines.

You may find yourself depressed one day, not knowing why.

Have you ever felt in a rage, with no understanding as to where that emotion came from? It might be from ancestral cellular memories.

Our mind, just like our body, loves being balanced and healthy. They were meant to be. At the first opportunity, it will do whatever is necessary to clear up old programming, which it doesn't find useful any longer.



Have you noticed that sometimes, when all seems to go well, a "situation" happens.

It may be a sign that an old program, no longer useful, is ready to be released. The Tapping/F.R.E.E.D.O.M. Techniques often work like a "Delete" key on your computer. Sometimes, you may need to dig deeper to find the troublesome program.



After your birth, you were exposed to your environment, where you picked up beliefs/programs from your parents, teachers, religious leaders and the media. During the first five years of life, the mind of a child offers no resistance to its environmental programming. There are no buffers set in place to critically challenge what you are learning. Everything, whether word, action, experience or feeling, is recorded and labeled... and sometimes, mislabeled.



Critical thinking starts taking place after five years of age. What did you observe during these formative years? What were your parents' beliefs regarding health, money, relationships? What were other people's beliefs? Were they in agreement with your parents' or not? Were there conflicts? All this is recorded in your subconscious mind and can potentially trip you as you start moving toward success and achievement.

Is there hope? Absolutely.

Dialoguing with your subconscious mind with the use of imagery is a skill that can be learned and practiced.

One of my mentors, Dr. Martin Rossman, MD, has this to say, "The Mind may be the most underused healing tool we have." He further explains, "Imagery is the encoding language of the unconscious mind. It conveys critical and relevant information about our beliefs, attitudes, emotions, motivations, and behaviors. Imagery also has powerful physiological consequences which are directly related to the healing systems of the body."

Below are some examples of using the mind to heal from Dr. Rossman's book *Healing Yourself* (published by Awareness Press, [www.thehealingmind.com](http://www.thehealingmind.com) - excerpts used with permission). Dr. Rossman writes:

- "An orthopedic surgeon friend of mine had a severely herniated lumbar disk. He was a very progressive surgeon who had used hypnosis to help his patients recover quickly from surgery, and he believed in



the power of the mind to assist healing. He doubted, however, that imagery could help repair a ruptured inter-vertebral disk, but he wanted to do anything he could to avoid surgery. He was able to visualize the



disk quite well, since he had seen so many of them in his work. He described it as a fibrous sack, whose contents had “blown out” and were now pressing on a nerve in his back. He couldn’t imagine a satisfactory way for it to be repaired without surgery and became increasingly frustrated. Finally, he decided to relax very deeply and see if the image could change by itself. Suddenly, he saw a vivid image of the center of the disk being sucked back into the sack, and the tear sealing itself up like the diaphragm of a camera. The image was so clear it startled him. He was even more startled to find that after this session, he was greatly relieved of pain and was able to walk without pain down his leg for the first time in weeks. He went on to recover completely without surgery, a fact that has both pleased and amazed him since.

- Another friend and patient with a recurring back problem would imagine a huge rope knot representing the muscle spasms in his back. As he relaxed, he could visualize the knot loosening and found that his back muscles completely relaxed by the time he was able to imagine the knot untied.



- A third patient with a one-year history of severe unremitting back pain imagined a knife stabbing him in the back. In Guided Imagery, he was asked to look at who put the knife there, and he saw his ex-business partner who had stolen from him and ruined their business. A brief course of counseling sessions helped him express and come to terms with the feelings of anger and loss that he had been holding inside, and his back pain disappeared as he worked through his feelings.



The point here is that a similar problem may produce different images in different people and may lead in different directions for healing. Sometimes, active imagery will suffice to relieve pain and stimulate

healing, while in other cases receptive imagery will point to physical, emotional, or situational problems that need resolution before healing can proceed.

Let's look at some other images that patients of mine have created of their illnesses and their healing processes. Remember, while "create" is not quite the right word - "receive" might be better - these images came from concentrating on the problem and being receptive to the images that formed.

- A man with a painfully inflamed wrist imagined his wrist bones having sharp, jagged edges that grated on each other as he used his hand. In contrast, the image of his normal wrist included rounded bones, with rubber and cotton cushions between them, allowing smooth, painless movement. In his Healing Imagery, he imagined gently placing cushions and supports between the bones of the painful wrist and was able to greatly reduce his discomfort as his wrist healed. His imagery was not anatomically correct, yet it was effective in reducing his pain.



- A young man with ulcerative colitis had been having painful abdominal cramping and bleeding from his rectum for two months. Medication was not helping, and he wanted to avoid cortisone if he could. He imagined his colon being red, raw, and irritable. He said it seemed “uptight” and “oversensitive.” As he relaxed with his hands on his abdomen, he imagined his hand melting into his body and lovingly stroking and massaging his colon. He imagined his colon relaxing and resting in his hands. At the same time, he felt a pleasant sense of warmth in his belly, and imagined fresh, healthy blood flowing to his colon, refreshing, cleansing, and healing it. In two days, he was free of symptoms. Three weeks later, his gastroenterologist said his colon appeared to be completely healed.



- A sixty-five-year-old retired heavy equipment operator with a herniated disk in his back imagined a tiny work crew inserting house-lifting jacks between his vertebrae. He then imagined them clearing out the old “busted”





disk and installing a fresh one, which he visualized as a small, very tough rubber ball. When the “work crew” lowered the top vertebra, the ball flattened into a cylindrical shock absorber, which maintained the space between the bones. He even imagined it cushioning the joint as he walked. He found this image to be a consistently effective way to relieve his back pain and sciatica.

- A thirty-year-old woman with endometriosis visualized her disease as tar stuck to her pelvic organs.



She imagined having a potent cleaning solution, a scraper, and a mop, and in her mind’s eye cleaned up every last bit of the tar. She consistently visualized this process for fifteen minutes, two or three times a day and three months later had no visible endometriosis when her gynecologist examined her through a laparoscope.

- A fifty-two-year-old businessman with a peptic ulcer visualized spraying the inside of his stomach and intestines with a cooling white foam three times a day between meals and was able not only to relieve his pain but heal



quickly, discontinue the ulcer medications, and remain free of ulcers through several stressful years.

- A mother of three with a week-long sinus headache focused on her pain and saw a large eye with wings on either side. As she watched it, it suddenly flew away, and a large glob of mucus fell in the back of her throat. She was surprised to sit up and find that her headache was relieved. Neither she nor I ever understood the significance of the symbol. It seemed as if the imagery itself produced relief.



- A twenty-seven-year-old junior executive was having anxiety attacks at work. As he relaxed and asked for an image for his anxiety, he saw a frenetic honeybee, flying about in an agitated state. The bee seemed scattered and didn't seem to have any pattern or direction in its movement. The image for healing that came to him was a rose. He imagined holding the rose out to the bee, and it came over and began collecting nectar. The bee then seemed more relaxed and



content, and so did the young man. He found this simple visualization calming and centering and used it for a few minutes at a time whenever he began to feel anxious and scattered like his imaginary bee."

Although the patients in the stories above did not practice the Emotional Tapping/F.R.E.E.D.O.M. Techniques (Key # 2), they could have used it. Sometimes, however, it is useful to understand why a fear, phobia, allergy or pain developed. Using imagery is one of the fastest ways to find the origin of a problem. The [examples of imagery may inspire you](#) to play with it and see what is possible.

How do you start?



By relaxing deeply, focusing on a question you would like wisdom about, and allowing an answer to come to your mind.

You can learn to dialogue with your symptoms, just like you would dialogue with a friend, and even come to agreements with pain and illnesses. It takes practice... the results are worth the training and discipline.





## Key # 5: The Law of Attraction - A Glimpse Backstage or Behind the Scenes

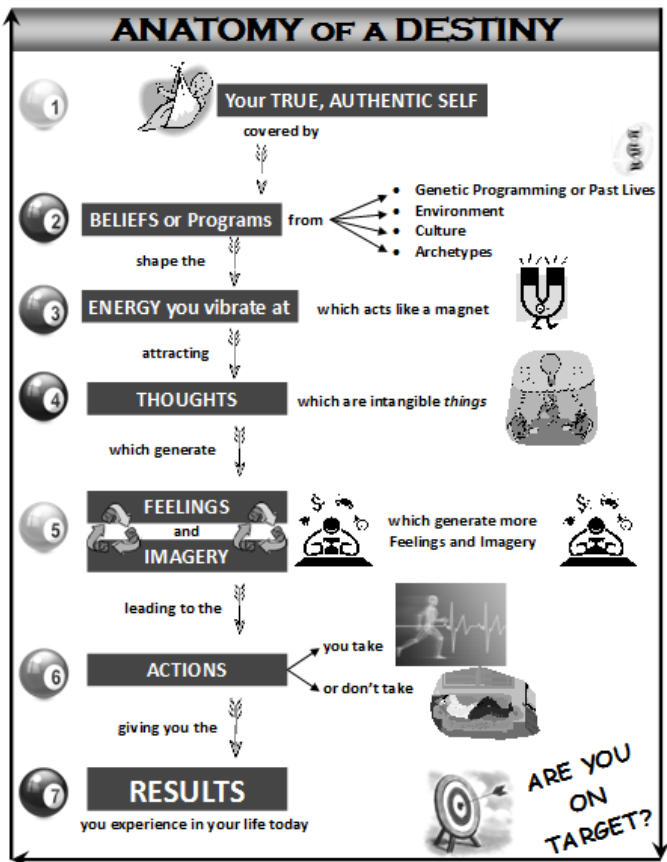


Although the Law of Attraction should truly be Key # 1, as it is pervasive and pertains to every aspect of our lives, I placed it as # 5 for a reason.



Unless you have been acquainted with it, you might find it a little "too weird," and drop the whole thing. Yet, everything we attract in our lives, the good and the bad, pivots around understand this Law.

Let's look at and work with the diagram on the following page, the *Anatomy of a Destiny*:



Let's start with # 7, "RESULTS."

On a level of 0 to 10, give yourself a grade regarding the way you feel, health-wise, 0 being no energy, depressed, closer to death than life, and 10 being "on top of the world," experiencing vibrant health and peak vitality.

You could do the same evaluation regarding your financial situation, your relationships, your career, your spiritual life, etc.

Later, you can also grade yourself very specifically, and separate your physical health from your emotional health, your mental health, your social health, your spiritual health, etc... It will give you a clear picture so you can see exactly where you want to direct your attention to obtain the best results.

For now, focus on either a general result or a specific one, and move up to # 6, which says that the result you obtain comes from the action(s) - or the lack thereof - you took or didn't take.

Why did you take these actions (or not)? Look at # 5: What images were running through your mind? What feelings were you experiencing?



Why? Let's move to # 4. We know that "thoughts are things" as taught in the Law of Attraction. It makes thoughts easier to understand, more tangible.

Not everybody will attract the same thoughts. Let's take an example. You were away while a birthday party took place. You really wanted to go, as you would have met a lot of new people, but your agenda would not permit it. Some of your colleagues were going to attend and promised to take pictures for you.

Harry, who is in a depressed mood, attends the party and takes pictures, but focuses on unhappy people, maybe arguing in a corner, or the hostess's frustration over missing items from the caterer, etc.



On the other hand, Johnny is in a delightful mood, looking to have a great time. He takes pictures, and his focus is on people laughing, dancing, and having fun.

When you come back, they both show you the pictures. Would you say they attended the same party?

What was the difference? Look at # 3, which is the level of your energy or vibrations. Within the Law of Attraction, we find these rules:



- a) Thoughts are things
- b) Everything vibrates at different frequencies
- c) Thoughts have energy and act like magnets
- c) Like attracts like.

If you have depressive thoughts, you are more likely to focus on depressive energies. If your thoughts vibrate at the happiness frequency, this is what you will focus on and attract more of.



Where does that all come from? # 2: Beliefs, which are simply energy patterns or "programs." Take the analogy of a computer. When you buy a computer, it already comes with many programs. Some are useful to you, some are not. In the same manner you have "programs" or "beliefs" running your life at the subconscious level, such as:

- Genetic beliefs/programs: We know that we have an emotional DNA, transmitted from our



ancestry along with our physical DNA. Not only do you inherit the color of your eyes from your parents or grandparents, you also may inherit anger or depression tendencies from a great-grandmother who did not deal with her problem.



- Environmental beliefs/programs, i.e. the environment in which you grew up. Did you live in Beverly Hills or in the Bronx... or anything in-between? What was your home environment? Where your parents happy together, or do you come from a split family? What beliefs did authority figures such as teachers, doctors or religious leaders imprint you with? From age 0 to 5,



your subconscious mind recorded everything that you saw, heard or felt, with no critical thinking or buffer involved. What kind of programming do you think you ended up with?



- Cultural beliefs/programs, i.e. the beliefs your culture holds. Germans, Chinese, Africans,



American Indians for example, all have different beliefs regarding events and customs. Buddhists, Christians, Jews and Muslims hold different beliefs, i.e. they are running different programs in their subconscious computers.

# 1 is your Authentic Self, or your Soul Purpose. This is why you came and the reason you are breathing air on this planet. What is it? **Who are you?**

To find health, happiness and fulfillment, you need to vibrate at your Authentic Self frequency. To achieve this, you need to become aware of the beliefs/programs that run your life.

Let's go back to the analogy of a computer. What do you do when you find a program you don't need, or which interferes with another? You simply delete it.



Although it may seem strange to a person not familiar with energy therapies, beliefs or programs running your life can be deleted, almost as simply as clicking or tapping a "delete" button.

Look at your life once again? What are the results? Is it what you want? If not, here are the steps to change:

1. Become **AWARE** that something is not quite the way you would like it to be;

2. Have a **WILLINGNESS** to change. Are you willing to change and see transformation in your life? It's a decision *you* need to make. Imagine yourself at the end of your life, looking back. Do you enjoy what you see? Could you have had different results? Are you willing to change to get a different result? It's up to you.

3. Once you made the decision, you need **TOOLS** and **TECHNIQUES** to guide you along your journey. This is where professionals, coaches and mentors come in, with their expertise. **YOU** are still in control. **YOU** still decide which path you want to take. Professionals are like power tools. Choose the one you want to work with carefully. You would not use a power drill to cut a tree down. Choose somebody who has been where you are, and who is now where you want to be. They are the guides you need.

4. Knowing strategies, tools and techniques will do you no good, unless you ACT upon what you learn.

5. SUCCESS is now within reach.

To summarize:

**Awareness + Willingness + Tools and  
Techniques + Actions = SUCCESS**

Look at my coaching and academy websites:  
<https://daniellejcoaching.com> and <https://hha-usa.com>

Sign up for micro-training and read the many articles I wrote on health subjects. Order one of my programs or attend a workshop or webinar.

By the way, if you believe that one of my mentoring/coaching plans could benefit you, contact me to [book a complimentary and confidential Zoom strategy session](#) or text 702-900-6730.



*"The doctor of the future will give no medicine but will interest his patients in the cause and prevention of disease."*

Thomas Edison, Inventor of the light bulb

# 4

## **To Be or Not to Be Healthy... That Is the Choice!**

***Identify the Basic Motives That  
Make You Do What You Do***



It is a fact that most people will not take care of their health (physical, mental,

emotional, social or spiritual), until their symptoms are so painful that they cannot be ignored any longer.

Most people even become resentful when being told that the road they are on may lead them to a place they would prefer never to arrive.

If you ask a person if they want to be healthy, most of them would acquiesce. Isn't it logical? Doesn't everybody want to be healthy?

Yet, when it comes to the nuts and bolts of what it takes to be healthy, they act in total opposition to their desire.

Until people can visualize that the benefits of living a healthy lifestyle far outweigh the cost of fatigue and diseases, it is unlikely that they will make a commitment.

## **Motives For Being Healthy**



Behavioral psychologists tell us there are seven basic motives that move a person to action. An understanding of these motives, and how they can apply to your

health decisions will give you a tremendous advantage.

### **1. Desire for Gain or Profit**

Nobody likes to lose. People want something in return for their efforts and hard work. The easier they can get it, the better. The success of the lottery games in various states bear testimony of people trying to find an easy way to get gain and profit.



Could being and staying healthy help you realize your dreams? How would being in a state of vibrant health add value to your life?

### **2. Fear of Loss**



People will go to great lengths to prevent losing something. Psychologists say that the fear of loss (or the need for security) is perhaps the greatest of all the motives.

Unfortunately, it is often when faced with a catastrophic illness, the ultimate loss, that people decide to change their lifestyle.



Are you waiting for that ominous day? Wouldn't it be better to stack your deck with cards that could potentially avoid a catastrophe?

### 3. Pride of Ownership, or Status

People want to be noticed and recognized. Some little boys ride bicycles with no hands, and some little girls dress up and act out dance routines and shout to their parents, "Watch me! Watch me!"



Adults do the same things, but in different ways. While they may not verbally shout out, they still say, "Watch me! Watch me!" just as loudly.

People who are extrinsically motivated (they will work on a task even when they have little interest in it because of the anticipated satisfaction they will get from the rewarding looks of their neighbors for example) do get attention by the kinds of cars they drive, the clothes and jewelry they wear, the houses they live in,



and the material things they possess.

People who are intrinsically motivated are driven by an interest or enjoyment in the task itself. Accomplishing a goal is its own reward.

What kind of motivation inspires you?



Do you like the attention you get at the beach when you remove your tee shirt? Do you like to hear the sighing of envy of your girlfriends when you squeeze



in this tight pair of jeans?

Is experiencing vibrant health and peak vitality a reward of its own?

Find out which is more likely to make you tick, i.e. to empower you to follow a healthy lifestyle?

a) Are you saying "Watch me! Watch me!" and getting satisfaction from the attention you are getting or

b) Is being in shape and exuding health its own reward?

Using your imagination to visualize the end results in the theater of your mind. What will pull you toward the goal? Act accordingly.

#### **4. An Interest in Doing Something Easier or More Efficiently**

We all want methods of doing things easier. One only has to look around his or her home to notice the abundance of time and/or money-saving conveniences we all enjoy.

When it comes to health, nothing could be easier. A good blender and a food processor are all you need to whip quick and delicious recipes. In 5 to 10 minutes, you can be sitting in front of a healthy and nutritious plate of appetizing food.



When it comes to movement, it may take a few days to get your body re-acquainted with this basic function. After three weeks, you will wonder why you ever stopped moving.



## 5. The Desire for Excitement or Pleasure

A popular bumper sticker states,

**"He who dies with the most toys wins."**

That message is a clear indication that people want excitement and pleasure, and it seems to suggest that pleasure comes in the "having," rather than in the "getting." It's whomever has the most at the end that wins.

Though, "excitement" and "pleasure," for most people, comes in the acquiring of things.

Think back about the times you have worked hard to get something, and how excited you were in the process.

Then, once you had whatever it was that you were working for, the excitement was dulled.

Sometimes it's not the result that counts as much as the process of acquiring.

A more practical interpretation of the bumper sticker might read,

**"He who *lives* with the most toys wins."**

Of course, these applications have to do with "things." Some people really enjoy acquiring "things," and even keep score by how much they accumulate.

Other people gain great pleasure or excitement knowing that their family's future educational and living needs, as well as retirement will be taken care of.

Still others focus on achieving goals on a physical level, be it walking a mile, running a marathon, or participating in a triathlon. Some thrive on the feeling of staying vibrantly healthy and achieving at peak vitality. Vibrant Health and Peak Vitality are not static goals. Once a goal is achieved, new horizons open and new pursuits lead to even higher levels of vibrancy.



## **6. Self-Improvement or an Increase in Effectiveness**

Your investment of both money and time in reading this book, buying the full program or one of the mentorship plans, is a good example of your desire for self improvement and increased effectiveness. People want



and need to improve to be able to do things more efficiently.

Well thought-out plans can contribute greatly to the successful improvement in effectiveness and efficiency.

## **7. The Desire For Importance Or The Need To Feel Appreciated**



According to noted psychiatrist Dr. Abraham Maslow, this is one of the basic needs of all humans: acceptance and appreciation. Children want to be accepted by their parents and peers, and parents want their children to remember them when they grow up and leave home.

People want to make a difference and be appreciated for it. Fathers and mothers not only have an obligation to see that their family's futures are provided for, but they want their family to understand and appreciate their effort.

Not only do fathers and mothers have the obligation to provide for their family's future, but they

also have an obligation to watch over their children' health as well as to teach them principles of vibrant health and peak vitality.

The quality of life of this present generation is pathetic. Statistics show that 1 out of 4 people will die of cancer and 1 out of 2 people will die of cardiovascular disease. Often before death come long



months of fear, pain and suffering, not counting the toll it takes on our loved ones.

The generation following this one is seeing its lifespan shortened by ten years.

How far will we allow this preventable devolution to continue when simple lifestyle changes could potentially reverse these statistics?

If you can understand these basic motives and how you can apply them to your life, and act upon them, you will experience Vibrant Health and Peak Vitality.

What are your specific needs? Losing weight? Learning to make more nutritious meals? Moving more? Letting go of disempowering emotions?

Getting rid of pain? Learning to focus? Understanding and applying the Law of Attraction?

Spend time with yourself and find out what would motivate you to achieve that goal?

What is *your* vision for *your* life?







*"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude."*

Denis Waitley, Motivator and Author

# 5

## **Perseverance Is The Master Key To Success**

### ***From Ignorance to Mastery***

Initially, you may not be conscious that you can do something about your state of health. Unless you were raised by parents who already knew the secrets of

a vibrant life, you most likely fell among the masses' belief that food and movement have nothing to do with your well-being.

You may have been groomed by the media and the fast food chains. You may have heard your physician state that nutrition and lifestyle choices did not matter. You may have been ignorant of the new techniques that will, almost instantly, help release emotional pain, stress and trauma.



This stage is the stage of **Unconscious Incompetence**. It simply means that you are/were clueless about health choices. You don't even know that you don't know.

Then, an advertisement may have caught your eye, praising a certain lifestyle or supplement. In our day and age, it's almost impossible to be completely ignorant about lifestyle choices.

Maybe you or a loved one suddenly faced dire health challenges, and well-meaning friends started to present this or that solution. You listened; you became interested. You did your own research and suddenly, hope entered your mind. Perhaps there was a light at

the end of this dreadful tunnel you were suddenly going through. You realized that the subject was vast



and that much more needed to be learned and understood. You have entered the stage of **Conscious Incompetence**. You realize that there is more to life and health than you had known, and that you need to move in the direction of becoming competent. Choices and decisions need to be made.

The third stage is where you learn and apply... and learn and apply. You refer to books and recipes, you ask counsel of many people; you have your own experiences... you are becoming



competent. It's the stage of **Conscious Competence**. You can do it, but you still must think about it. You may slip but catch yourself and move on. Persevere! Stay Committed!

The fourth and last stage is that of being **Unconsciously Competent**.



No longer do you need to focus on every step. It comes naturally. You get up in the morning and fix yourself a healthy smoothie (before or after exercising, depending on your focus). Snacks and lunches are prepared, not left to chance. Dinners are planned, all healthy choices.



You got in the habit of practicing the Tapping Techniques in the mornings and evenings and you use them immediately when stress occurs.

You know how to direct your conscious mind to keep focused on the task at hand.

If you face unexpected challenges, you know how to reach your subconscious mind for clarity. The Law of Attraction is no longer a mystery for you.



It is as smooth sailing as can be on Planet Earth.



*"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."*

Arthur Schopenhauer, German philosopher

# 6

## **We Are NOT Alone on Planet Earth!**

***Ask and You  
SHALL receive!***



We are not alone. I consciously remember the first time I sensed the presence of beings around me. I was

about 10 years old, playing on the steps that led from the backyard to the downstairs laundry room. Suddenly, I was not alone... There was an almost tangible presence surrounding me. I already had an encounter with Jesus, but this time, it was different.

During my High School years, I used to visit foreign lands, in my mind. Years later, I learned that I was doing what is called "astral projections," or having out-of-body experiences. We have an "astral body" that can separate from the physical body and travel wherever it wants. I thought everybody did it and was surprised to learn that it was not so. I was a straight "A" student; many of the answers on my tests came from traveling "beyond," and bringing the answers back. In my teens, I was told that it was a dangerous practice, but I loved to do it and never encountered any problem.

During my marriage and years in a Christian cult, I had to renounce this "demonic" practice, which I let go of very regretfully.

I felt protected by the beings I was sensing around me, especially when I



traveled through Turkey in my late teens and early twenties. I did some foolish and youthful things, like walking alone in the Turkish Bazaar in Istanbul. It was my third time visiting Istanbul. I had already seen the Grand Bazaar, the one tourists go to. I wanted to mingle with the population and go to the real Turkish Bazaar, the one local folks went to.



As the sun was setting and the streets were turning dark, I noticed some men following me. That's when the thought hit me, "Oops, I should not be here."

Suddenly, a couple, a man and a woman, appeared in front of me. I quickened my steps and joined them, asking if they would not mind accompanying me to a taxicab, so I could go back to the campground, to the group I was traveling with. They obliged and what could have turned into a regrettable incident cost me only cold sweat and a thumping heart.

Another time, still in Istanbul, I ended up stranded on an aisle, in the middle of a busy street, having crossed the four lanes going in one direction



and unable to cross the other four. Cars do not stop for pedestrians in Istanbul; vehicles race by. I was forewarned: green light means "Go," red light means, "Don't Stop!" A policeman appeared out of nowhere; he stopped 4 lanes of traffic to allow me to cross that busy street.



Only later did I realize what had happened. Where did he come from? How did he stop these 4 lanes of traffic?

I am not saying these were angels in disguise, just that good things seem to happen at the right time in the right place... all the time.

I was wandering in New Delhi, India, alone once again, as our group stayed at the campground. I wanted to visit Gandhi's tomb. Dressed in a pair of olive green pants, a shirt of the same color and a thermos bottle over my shoulder, I set out toward my destination.



I found myself in the middle of a very nice residential neighborhood. Where was Gandhi's tomb? Did I get lost? I spotted a man, dressed in a black 3-

piece suit and approached him. The way he was dressed led me to believe he would understand my broken English. "Excuse me, Sir, where is Gandhi's tomb?" He looked at me and answered very seriously, "I can show you where it is, not far from here. But I am going to visit Indira Gandhi, just a block away. I am sure she would be delighted to meet you. Would you come with me?" Indira Gandhi? I had heard the name, but since politics had never interested me, I did not realize who she was. I had no fear in India; I loved the country and decided there was not much risk in following the man, just a block away. He told me that he was an attorney and was meeting other attorneys at her place. I still did not quite get whom I was going to meet.

We entered a nice yard, where over a dozen men in black 3-piece suits were standing. With my olive green pants and shirt and a green thermos bottle on my shoulder, I felt out of place..

Suddenly, a lady, whom I recognized from pictures I had seen, appeared on a second-floor balcony.



She looked around and waved to me, indicating I should come up. I was led to a room where she stood dressed in a colorful saree; I was quite intimidated. I told her that I knew nothing about politics and barely spoke English. No problem. She spoke French fluently and just happened to have spent some of her schooling in a little town in Switzerland where I had also lived.

We spent 45-minutes talking about "the good old days" in Switzerland, and about the trip I was taking from London to Kathmandu. She then sighed and thanked me for visiting her; she now had to return to her duties.

I was in a daze... and never made it to Gandhi's tomb. Back at the campground, I shared my experience of the day with the others. One of the young guys who was traveling with us got angry. He was a political student from Washington D.C. and would have loved to meet her. He exclaimed, "You know nothing about politics; that does not even interest you,



and you got to speak with the Prime Minister of India!"

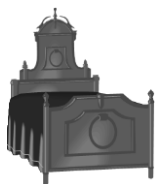
In Kathmandu, Nepal, I met a young lady from Switzerland, who was also traveling around the world, but who had started from the other direction. She had gone to Australia and New Zealand and was making her way back to Switzerland through India. She asked me to join her for a trip to Sri Lanka, to spend a couple of months at an orphanage, before her return to her country.

Luzia and I had one wonderful experience after another. She mentioned that she truly enjoyed being with me, as I seem to attract whatever we needed.

We were waiting in line at the train station in Calcutta to get a ticket to go to Madras. We probably had some two hours of waiting in line, when the train station supervisor approached us. He told us he would give us train tickets and a room to spend the night in.

We thanked him but let him know that we were going to sleep on the platform, as we wanted to save our money for our ongoing trip. He said he was not

going to charge us one rupee, so we agreed to follow him, to one of the biggest rooms I had ever seen.



It was majestic, with an oversized king bed in the middle, with a mosquito net hanging from the ceiling. There was a desk, a living room area with a sofa and armchairs, and a bathroom with a shower. We were quite amazed to find such luxury in Calcutta's train station.

We boarded the train the next day and noticed that it was quite crowded... except for our wagon. The supervisor had reserved a whole wagon, just for us.

Life seemed so good. From Sri Lanka, I flew back to Switzerland, as I needed to have knee surgery. A couple of years later, I had the opportunity to come to the United States, where I was to encounter another kind of beings in the ethereal world, not as benevolent as my angels were.

As I landed in New York City in April 1979, my very special and beloved watch stopped. It was special and beloved because it was the first gift I bought for



myself when I started to work, and it showed my biorhythms. Keeping track of my biorhythms helped me decide whether I should conserve energy on that day, or if I could play hard, with energy to spare. As the plane landed, my watch just stopped, at 10:10 pm... Nobody was ever able to fix it.



What happened in New York City? I was to learn, thirty-two years later, that an entity, a huge one, a bad one, an ugly one, had attached itself to me, and it would govern my steps for many years.

As the cliché states, my life made a 180° turn. I was raped by the taxi driver in New York City, my money was stolen in Washington D.C., while I was working as a waitress waiting for the job I had been promised. I had come to the United States to be a sales rep for a Swiss chocolate decoration factory. The job never materialized.

Very disappointed, I decided to go to California to meet a very distant uncle before returning to Switzerland. I also wanted to finish the pilot's license I had started to work toward in Washington D.C.

During one of my flying classes, I met the man who became my husband. I had no intention of getting married... my life was going to be enjoyed traveling the world. However, I felt sorry for this man who had such a horrendous childhood. Something in me believed that it was my moral obligation to marry him, to help him.

What followed were 20 years of isolation, abuse and rape. I become bedridden, too weak to get up, just waiting to die. I had seven children, born at home, whom I home schooled... and I was going to die.



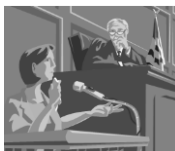
Obviously, it did not end there. An amazing set of circumstances took place, from a neighbor recording a program on TV and offering me a copy, to postcards that found me in the middle of isolated settings close to Yosemite Park to beckon me to become a Doctor of Naturopathy. I did and slowly regained my health. I then continued my courses and worked on a Ph.D., which allowed me to work and earn a living.

Thanks mainly to the Tapping Techniques, I found the courage, then the opportunity to file for divorce.

My life turned into an even worse nightmare: My life was in danger; I had to flee and hide. Custody of my children were given to the father, a pedophile. I was accused of a crime I never committed and spent six months in jail, in maximum security, with murderers and drug dealers. Documents were forged to secure an extradition warrant from Nevada to California. My public defender threatened me with 7 years of prison if I did not sign a plea bargain.








I refused and insisted on going to trial: I was told that none of my witnesses (I had 40) would be allowed to testify and that I was not to mention domestic violence or child abuse. Ultimately, I was tricked into signing the plea bargain, for a crime I never committed. I was sentenced to five years of probation, which destroyed my career and the rest of what I had left of self-esteem and confidence.

Life was anything but rosy during that time. If you are interested in learning more about my jail time, read my book *Jailed by Fraud*, available on Amazon or on [my website](#).

It was a time of great confusion. What was going on?

I had taught the Law of Attraction for years, then had dropped it, as my experience showed me that "it did not work." I could not possibly have attracted all the misery I had encountered since coming to the United States. I had a wonderful childhood and was a good person. Why was this happening to me?

It was in June 2011, after I was given a copy of a program called *Your Wish Is Your Command*, recorded by Kevin Trudeau, that I decided  to "give that Law of Attraction a second chance," and play with it once more. If it was indeed a law, and I believed it was, then the results I was experiencing must come from some kind of foul energy which I was attracting and manifesting. I wanted to know, I needed to understand. I was missing an important piece in this puzzle of attraction.



I spent the 4th of July 2011 watching fireworks with my grandchildren. After a peaceful night, I woke up on July 5, 2011, knowing. I had found that missing piece of puzzle.

Remember the *Anatomy of a Destiny* chart I shared in Chapter 3? Unbeknownst to me, between the ages of ten and twelve, a belief/program was installed in my subconscious mind that stated something like this "I want to be a martyr in order to please God at the highest level." I became a very good martyr.

To fulfill that "program," I came to the United States where an entity attached itself to me as I landed

in New York City. Although I had often seen demons and entities, this one had been hidden from me. Once I became aware of it, I could see it plainly. It was huge, it was dark, and it was ugly.

Once I understood the game that was being played in that other-than-obvious world, and was willing to release this belief/program, things started to turn around.



On that same July 5th, I got an email from a well-known speaker, inviting me to attend one of his workshops, for free. My life has been on an upward swing ever since.

Where were my protective angels during that time? Still around, still protecting me (I could have died a thousand deaths) in some measure, but unable to fully intervene, since my programming was calling for martyrdom. They were there to comfort me and were my partners during the years I practiced as a naturopath. They were at my side, providing wisdom and help in regard to my clients.



Fortunately, I was born with resilience, enthusiasm, and an analytical mind. After the experiences I lived through, I decided to deconstruct what goes on "behind-the-scenes" of the Law of Attraction and developed the *Anatomy of a Destiny* and the *5 Keys to a 5-Star Life* program to empower people to move from adversity to thriving on Planet Earth.



*"You must take personal responsibility for your life. You cannot change the circumstances, the seasons, or the wind. But you can change yourself."*

Jim Rohn, America's Foremost Business Philosopher

# 7

## **Thriving on Planet Earth**

***Where There Is No Vision,  
My People Perish***

The past cannot be changed. What happened, happened. Now, it's time to heal and prepare for tomorrow and a future that YOU will be designing.

Regardless of what has happened to you, regardless of the pain, the terror, the destruction, there is still the possibility of finding fulfillment and meaning in your life.

Easy? No, by no means... but what is the option?

During my years of playing the martyr, I had two near death and other out-of-body experiences that transported me to "heaven."

Let me tell you, it's BEAUTIFUL over there. It is beyond description. Human words cannot do it justice.

For many years, I yearned to "go there." Why would anybody choose to stay on this planet, which has so much ugliness and suffering?

When you experience too much physical pain, you pass out. At some point during the 16+ years of the divorce/custody trial, I passed out emotionally and became numb as the pain of losing my children to an batterer/pedophile/rapist reached an unbearable threshold. My children were being abused and I could do nothing to protect or comfort them.

I found no joy in looking at nature, which I used to love; sunrises and sunsets were just colors in the sky, food was tasteless, life odorless and I could not hear the chirping of birds. I just went through the motions of life, day after day after day.

I did not believe I would ever regain joy. I was going to live in a gray world, waiting for death to bring me to the beautiful heaven I had gotten a glimpse of.

Life was uniform, colorless. I focused my attention on the suffering experienced by people everywhere around the world. I was in a state of anhedonian depression, one of the deepest form of depression one can fall into. No cure was known.

Then, one day, this all changed. I looked at this vibrant blue planet. I looked at all the natural wonders on the different continents, and I fell in love with Planet Earth. What incredible beauty!

I decided that, for the remaining time I was to spend on it, I would enjoy it. It was a decision, the first step. I had made a DECISION.

You may have heard people ask, "If this was your last day on earth, what would you be doing?" I read a

different question, which I now ask myself almost daily, "If this was your first day on earth, what would you want to discover?" I started to look for answers to that question.



Day after day, I looked at nature, with the eyes of a young child. When my daughter was a toddler, the 10-minute walk it took to go pay the gas bill turned into a 2-hour adventure. She looked at the different grasses and rocks and commented on every insect she saw - and since she was closer to the ground than I was, she saw many.

Slowly, my senses returned, more attuned than before. I notice first that my nostrils would suddenly flare up. Aromas enchanted me. I brought flowers, soaps, scented candles, fruits, vegetables, spices to my nose and inhaled deeply, almost in a trance. I could smell again.

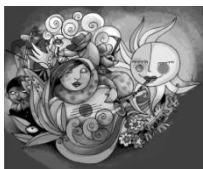
My sense of touch became refined. I could feel and experience textures, and meld into them.

My vision improved. I was seeing better than before. I would notice details





far away and could read books without glasses (vision is very much related to emotional states). Colors became more vibrant.



Music resonated in my ears and in my body; I could feel it deeply.

Seasoning dishes became a pleasure once more. I started to prepare colorful plates of various foods, to the delight of my taste buds.

Yes, joy can be restored. In spite of all the suffering, there is still much beauty on this planet.

We can use the Law of Attraction to change the world to a better place. As more people resonate at a higher frequency, momentum is gained. Eventually, the whole planet will shift to a more loving state, with far less suffering... or maybe, none at all.

We are all inter-related, and inter-connected. My sisters and brothers around the world have the same feelings: they cry when a loved one dies and rejoice at the birth of a child. They sing, they dance, they play...

Life may not always be easy: there are mountains to climb and rivers to cross, deserts to walk through and dark nights to endure. There are times of loneliness and hopeless despair.



After many trials, Kind David wrote,

**"Weeping may endure for a night, but joy comes in the morning."**

It is time to focus on the beauty on this planet, and to bring more of it. It is time to focus on what is good, and do more of it.



It is time to connect with other like-minded souls around the world and to build powerful networks of compassionate people.

It is time to THRIVE and bring JOY on Planet Earth!

# **EPILOGUE**

## *Where Do You Go From Here?*

Congratulations for making it this far. You have now been exposed to some of the most powerful and effective techniques, concepts and ideas available to become "independently healthy."

But no matter how good these ideas are, just being exposed to them is not enough. You must also do something with them. In order for you to get the most value out of this material, you might want to consider developing a step-by-step action plan. An effective and result-producing plan should consist of 5 areas:

### **1. EVALUATION**

Ideas are nothing more than ideas until they are put into actions. Once acted on, they have the potential to literally turn around poor health to Vibrant Health and Peak Vitality, and thriving on Planet Earth.

Before you run out and implement new-found ideas, first take the time to evaluate day-to-day habits to determine just what areas are most lacking and could use the most attention.

You have the potential of making the most improvement in your own health if you will take the time to identify and work on the area of greatest need first.

## **2. RESEARCH**

Once you have identified your greatest needs and prioritized them, you can begin to search out available solutions. Be on an opportunity lookout. The material in this book is just the beginning of the many places you can find good, usable and practical ideas.



Don't turn any ideas away just because you think they might not pertain to your health or the way you live. Capture them and then apply step number three.

### **3. PERSONALIZATION**

As you encounter new ideas, keep an open mind. Study them. Analyze them. Think them through. Ask yourself if an application can be made to your specific situation by simply changing or modifying part of the concept or idea.

If a certain illustration uses a certain type of modality or technique for example, yet you are not interested in that modality or technique, a simple adjustment might be all that is needed.

The material in this book is designed to illustrate concepts, and only uses certain exercises as examples to make various points.

### **4. IMPLEMENTATION**

A membership in a health club won't do its owner any good unless he or she goes to the club and participates in the exercise program; the same is true with the information in this book.

It is of no practical use unless it is implemented. It is easy to come up with good ideas and develop plans, but where most people get bogged down is

when it comes to putting them into action. It's not always easy, but if you are going to truly be successful, you must do whatever it takes to act on your plans.

## **5. REVIEW**

After you've worked with your new ideas for a period of time, stop and evaluate how things are working. You may need to make some adjustments so you can continue to see improvement.

Sometimes, an idea you thought was great doesn't work out at all. That's okay, don't continue using it. Just discard it and move on to something else.

On the other hand, if you find an idea that works well, see if you can refine it, or "plus" it to make it even more effective.

That's all there is to it. Sounds simple enough to say, but in reality, there's a lot to do. The plain and truthful facts are that most people simply won't take the time and effort to do the things we have just discussed. That's unfortunate on one hand, because they could be experiencing Vibrant Health instead of the aches and pains that afflict them day after day.

Their failure to take action should not discourage you. If you continue to take proper actions, you will be the one enjoying Vibrant Health and functioning at Peak Vitality. You will be Thriving on Planet Earth.

Now you have the tools...

***GO FOR IT!***







## Who Is Dr. Danielle?

Born and raised in the French speaking part of Switzerland, she started to study nutrition and parapsychology in her teens. She became the youngest student to get certifications in Grapho-Morpho-Psychology with an Institute in Paris. She then traveled through Europe, the Middle East and parts of Asia in search of spiritual enlightenment.

She came to the United States in 1979, got a pilot's license and married in 1980. Her seven children were born at home and were home-schooled. They enjoyed their organic gardens and wild fruit trees.

Having recovered from cancer when she was 18, she turned once again to nutrition when she found herself bedridden in her thirties; she added mental and emotional techniques to re-program her mind and change her brain connections.

She earned an N.D. degree (Naturopathic Doctor) in 1994 and a Ph.D. in Natural Health in 1996. She became certified in InterActive Guided Imagery<sup>(sm)</sup> by the Academy of Guided Imagery.

Dr. Danielle continued to study the healing arts, adding BioEnergetic Testing, Homotoxicology, CranioSacral Therapy, Meridian-Based Energy

Psychotherapy and Quantum Biofeedback to her tool chest.

She developed a curriculum of Quantum Naturopathy for an Institute of Biofeedback and Quantum Medicine, which was approved by a Board of Traditional Naturopathy.

The Law of Attraction holds a very dear place in her heart. She believes that by changing the energy patterns we hold in and around ourselves, in our "field", we can change our destiny. She continues to research and experiment with the intricacies of this still quite mysterious law.

Dr. Danielle now almost exclusively coaches her clients via Zoom. Her seminars have been attended by medical doctors, psychologists, business and lay people alike.

She encourages everyone to NEVER GIVE UP, and to live a life of

### **PASSION, PURPOSE and DELIGHT!**



# **Become Independently Healthy with Dr. Danielle's Do-It-Yourself Health Programs**

- **Vibrant Health and Perfect Weight**
- **Emotional F.R.E.E.D.O.M.**
- **Mental Fitness Training**
- **Subconscious Partnership /  
The Power of the Mind in Healing**
- **Crack Your Code - When You Change  
Your Energy, You Change Your  
Destiny!**

<https://daniellejcoaching.com>

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**Text: 702-900-6730**

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## **Overcoming Adversity and Thriving on Planet Earth 4 Steps - 5 Keys**



Dr. Danielle J. Duperret, ND/PhD has been a student of health, wellness, psychology, parapsychology and the Law of Attraction for as long as she can remember. In this short and compact book, she seeks to empower people to NEVER GIVE UP. There is ALWAYS a light at the end of the proverbial tunnel, and when we reach it, we want to be as healthy as can be so that we can enjoy a life of PASSION, PURPOSE and DELIGHT!

*"The F.R.E.E.D.O.M. workshop was well-taught, exhilarating, informative, and useful. Many of the materials in the handbook have been very useful to my patients. They and I thank you."* Carl Hendel, MD

*"The F.R.E.E.D.O.M. class was very informative, exciting new concepts, presenting complex material in a straightforward, easy to understand style, fun!"* Sheva Feld, PhD

*An experienced practitioner and teacher, Dr. Duperret brilliantly combines the cognitive, emotional and spiritual elements of her own insightful nature to promote wellness and to mitigate distress in others.*

Dr. Pravin Patel, ND

*She is a wonderful and caring teacher and her classes are a joy to take and a pleasure to apply. Danielle has been an inspiration to me, she has proven that there is no limit to what a person can do and attain if one sets a goal.* Nanette Contreras, MBA /CBT

*I was facing a wall of stuffed and denied grief after the shock of one family and close friend death after another resulting in 5 losses in a short period of time. After learning the tapping I was able to get in touch and release the pent up grief.* Denise L., Las Vegas