



Be Alive In Five: The 5-minute 30-Day System to Lasting Happiness!

Christina Florence

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Be Alive in Five is a wonderfully practical and easy to use system, utilizing a simple one-two approach. First, the “band-aid effect” can be accessed by going to the section pertaining to what you want to change in your life and starting to use EFT (Emotional Freedom Technique) immediately. You will see the results right away. Then you must use the 30-Day system to make your changes permanent! In the second part of the workbook, a series of exercises are listed in sections specifically designed for a variety of topics such as weight loss, financial issues, health, and relationship. Really, the exercises can be used for just about any issue at all. The book demonstrates how to use daily exercises to achieve lasting change in one’s life. Meaningful change takes just five minutes a day and your confidence builds as you see how quickly things can change for you once you start to use the system! Use the exercises for just five minutes a day for 30 days. Plus, the workbook also gives you the option of creating your own five minute a day program!

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