

# Unleash the Success Power of Your Mind

By

James Delrojo

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## **About the Author**

James Delrojo is an author, speaker, businessman, investor, success guide, and mentor.

James began his professional career as a psychologist running a private practice through which he specialized in helping business people and sportspeople develop the mind set and mental strategies they needed to achieve excellence in their chosen endeavors.

Since then he has broadened his teaching methods to include the speaking platform, seminars, audio programs and ebooks.

James also provides private mentoring for professional investors and others who are looking to reach their full potential in life.

James' wisdom has helped thousands of people make massive, positive changes in their lives.

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## Forward

My aim in writing this book is to provide a short, easy to understand, introduction to creating success in your life. The book contains the key principles that you need to adopt in order to increase the amount of success that you are achieving currently.

If you read this book and follow its advice then you will definitely increase the success in your life.

If you want to get the most out of this book then approach it with an open mind. Even if some of the concepts seem strange or different to what you are used to, try them with faith that they can help you and see what happens.

If you keep doing things the way you have been doing them you will keep getting the results you have always been getting. In order to achieve more you have to do things differently and here is your opportunity.

Remember that, even though the information in the book is highly valuable it is still an introductory program.

**If you are looking for a more comprehensive, faster acting, program to achieve massive success then try James Delrojo's latest ebook,**

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## **Unleash Your Success Mind**

### **You Are the Sum Total of Your Thoughts**

Each and every person on this planet is different. You are unique.

When I say that you are unique I am not talking about your face or your body or your finger prints, even though all those are unique to you. What I am really talking about is the essence of you. The you that is above the flesh and blood. The you that the philosophers refer to when they ask the age old question “who am I”. The inner you.

This inner you is what determines the outer you. It determines whether you are fat or thin, rich or poor, happy or unhappy. But what determines the inner you?

The inner you is the sum total of your thoughts. If you keep thinking the same types of thoughts that you usually think then the inner you will stay the same, and as a result, your life will stay the same. But if you change the way you think then the inner you will change and consequentially your life will change.

Whether you stay the same, change for the better or change for the worse is all dependent on what you habitually think.

Just as an apple cannot grow from the seed of an orange then a happy life cannot grow from thoughts of sadness, riches cannot spring from poverty thinking and a life of fulfillment cannot result from thoughts of lack.

Your thoughts determine who you are, which in turn determines the life you have. If you want to change the life you have then you have to change who you are. The only way you can accomplish this is by changing your thoughts.

This relationship between your thoughts and your life has been **known** for thousands of years. You will see it appearing again and again in the writings of the wise throughout the ages. Yet, in this so called “golden age of knowledge”, most people still have no idea of this relationship between their thoughts and their life.

How often do you hear people saying things such as “I want to be rich but I don’t want to change”? That is like saying I want to grow oranges but I only want to plant apple seeds. A very wise person once said “the best definition of insanity is continuing to do the same things and expecting the results to be different”. I’d like to paraphrase that; the best definition of insanity is continuing to think the same types of thoughts and expecting your life to be different.

Everything in this world is subject to the laws of nature and that includes your life. One of the most important laws relating to your quality of life is “You are now and you will become what you habitually think”.

People love to look outside of themselves for all the reasons that their life is not the way they want it to be. They blame their parents, their circumstances, their friends and so on They list everything and anything except the true reason. The person you are and the life you live is created inside of you. If you ever want to improve your life you have to accept that concept and tap into its power by improving your thoughts.

## Unleash the Success Power of Your Mind

You already hold the key to every treasure you could possibly want, regardless of whether that treasure is material, emotional or spiritual. You have the key to unlock the future and take from it everything you desire and all you have to do is to think the right thoughts. I am not talking about magic. It is a simple and practical truth of the world. The thoughts you think leads to both the actions you take and **the** way in which you take those actions, which in turn leads to the results you get. Your life, whether happy or sad, rich or poor, self fulfilling or unsatisfying is created first in your mind and only then in your reality.

Most people are less than happy with their life. Many of those people have some vague dream of the type of life they would prefer to have, but they don't really believe that they can ever have that life. The sad truth is that they are currently tapping into the same power in order to keep the life they have as the need to tap into in order to have the life of their dreams.

The universal power doesn't hand out lives at random. It gives you the very life you request via your habitual thoughts. Look at the life you have now. Look at everything that is going on in your life. Look at the overall trend and then take a good, honest, open minded look at the things you think (often expressed in the things you say) and you will see exactly why your life is on the particular path it is on.

Seek and you will find. Knock on the door and it will open. Ask and you will receive. These are wisdoms that most of us have heard many times in our life but how many people really understand the advice that is being given?

Seek the wisdom of success and it is easily found. Knock on the door of opportunity and it will open wide for you to walk through. Ask for what you want by focusing your thoughts habitually on it and it will soon be yours.

### **Further Reading**

If you want to understand these concepts fully and to learn the fastest way to get them working in your own life so that you massively increase your success then follow the link below.

**[“How to Massively Increase Your Personal Success in Just 30 Days”](#)**

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## **How Your Thoughts Can Change Your Circumstances**

I have a good friend who has an interesting saying. He says that the difference between a gardener and a dog is that the gardener can transform chaos into a beautiful garden where as the dog will turn the beautiful garden into chaos. It's a bit like that when it comes to people and success. You have the "dogs" and the "gardeners". The gardeners have learned how to take their environment, create opportunity and build it in a magnificent life but the dogs although in the same environment, will create only chaos and failure. It is not the environment that matters. What matters is whether you are a success gardener or a success dog.

If you want to become successful you need to learn **how** to develop your garden of success. You need to plant the right seeds and to remove the harmful weeds. You need to have a picture in your mind of what your garden will look like and progressively work toward it.

It is unfair to expect our real life dog to become a gardener. He simply doesn't have what it takes. No matter how much you train him he will never learn how to take chaos and turn it into a beautiful garden. But our success dog doesn't have that excuse. Any person with a basic level of intelligence or higher can become a success gardener and enjoy all life has to offer. If you are able to read and understand this book then you have all the ability you need in order to become wonderfully successful.

The first place to start your success garden is in your own mind. You need to plant the right seeds and remove all the weeds. As you do this you will soon

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discover how easy it is to be successful. You will become a success magnet, attracting success into your life.

As you develop this beautiful, weed free, success garden in your mind you will be amazed to see how success starts to appear automatically in your life. Opportunities will appear as you need them. People will come into your life and help you on your way. Everything you need to learn will make itself known to you. Your success and happiness will grow day by day.

If, however, you fail to cultivate that mental success garden you will find yourself to be the victim of circumstances. Success will elude you. Even if you appear to be copying exactly the actions of successful people they will not produce success for you if your mind is full of chaos and failure. You must master the inner, mental world before you can have lasting success in the physical world.

Be aware that when you are unsuccessful you are actually drawing on the same universal power that can give you success, but instead of channeling it into success you are channeling it to produce failure or mediocrity. The universal power does not judge you, it simply gives you what you ask for via your habitual thoughts.

Your mind is a constant channel for this universal power whether you know it or not. Look at your life, then ask yourself where you are channeling this energy to? Are you channeling this power like a success gardener or like a success dog?

Every weed in your mind grows into a barrier that stands between you and success, no matter how hard

you work. Every seed of greatness in your mind grows into greatness, no matter how difficult your circumstances. If you haven't been experiencing the degree of success that you want to experience, then there is one and only one reason. The balance in your mind between the weeds and the seeds is coming down in favor of the weeds.

In this life you do not get according to what you want. You get according to the person you have become and you become that particular person according to what you habitually think. Success is not a thing to be chased it is a thing to be attracted.

Most people want more money than they have. Most people want to live a more rewarding life. Most people want more happiness. Most people want and want and want but they go wanting. Learn how to develop your mental success garden and then build that garden in your mind and success will follow as sure as day follows night.

Follow this advice and you will no longer need to fight against your circumstances. You will be able to go with the flow and that flow will take you exactly to where you want to be. Why? Because you will be channeling the universal power to take you to success.

Most people are keen to improve their circumstances but are not keen to improve their thinking. As a result they remain trapped in their circumstances without even realizing that they themselves are actually producing those circumstances.

Embrace the idea of changing yourself. Embrace the idea of changing your thinking. Embrace the idea of

becoming a success gardener. Commit yourself to improving from within and watch a new, exciting, rewarding world unfold around you.

So many people today are looking for the instant cure to all their problems. Perhaps you've even done this yourself from time to time. We have a headache so we reach for a painkiller. We want a new car so we sign up for one on finance. We don't have money so we get a credit card and start spending tomorrow's money today.

The commercial world is only too happy to cater to our desire for the quick fix. The stores are full of "miraculous" weight control products, yet we are the fattest that we have ever been in the history of the world. Society is conditioning us to believe that all of our problems can be solved by some "magic wand" but the truth is that life doesn't work that way. The quick fix mentality is one of the major causes of our problems today.

All this quick fix conditioning helps to brainwash us that the solutions to what we seek are outside of us. But we know that the truth is that the solutions are inside of us. You will never become happy by looking outside of yourself. To improve your life you need to focus your attentions inside of your own mind. All solutions must begin with our thinking.

You must be constantly on guard against society's brainwashing. You need to constantly remind yourself that **you** hold the key to your better life, that the key is not in some quick fix, outside force or product.

The solution to being overweight isn't to be found in some magic pill or some invasive surgery, the simple, permanent solution is to **develop thin thinking**.

The best means of improving your lifestyle isn't to go into debt by buying all the things you want before you can afford them. The solution is to **develop affluence thinking**.

Before you read one more page of this book make a solemn vow to yourself that you will plant the seeds to better thinking and remove all the weeds from your mind.

The universe is not rewarding or punishing you. It simply, diligently, and consistently delivers to you exactly what you habitually think about.

When, and only when, you fully and totally accept this truth will you be able to turn your life in the direction that you want it to go.

### **Further Reading**

To learn how to harness this power of thought, and all the other success secrets, in the fastest and most efficient way so that you can quickly achieve true success, click on the link below.

["How to Massively Increase Your Personal Success in Just 30 Days"](#)

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### **How your thoughts determine your health and fitness**

The eastern philosophies such as Yoga and Ayurveda have long held that the condition of the body originates in the mind. By teaching sick people how to apply positive mental disciplines they have been able to produce remarkable cures without the aid of medicine or invasive medical procedures.

Over the past few years western scientists have also been investigating this relationship and are discovering just how strong this mind-body connection is.

Here is a list of physical ailments that the American Academy of Family Physicians say can result from stressful thinking.

- Back pain
- Change in appetite
- Chest pain
- Constipation or diarrhea
- Dry mouth
- Extreme tiredness
- General aches and pains
- Headaches
- High blood pressure
- Insomnia (trouble sleeping)
- Lightheadedness
- Palpitations (the feeling that your heart is racing)
- Sexual problems
- Shortness of breath
- Stiff neck
- Sweating
- Upset stomach
- Weight gain or weight loss.

There have been many studies that show the health benefits of positive thinking, laughter, personal fulfillment and other success related mind states. And there is considerable scientific evidence of the importance of health thinking in aiding recovery from serious illness.

Science has also shown us that the body is the obedient servant of the mind. There are interesting studies showing that when a person under hypnosis is asked to imagine an infection in a particular part of the body, and then blood is taken from that area, the blood contains antibodies to fight the infection. The body has responded to the thought of infection as if it were real.

Science is proving today what the wise have known for thousands of years; the body is under the control of the mind. It responds to our thoughts. Our state of health and fitness is strongly a result of our habitual thinking patterns.

Not only our health and fitness but even our appearance can be changed by our thoughts. You can tell by looking at someone's face whether they are happy, sad, angry, or any of the other states of mind.

Over the years these regular expressions that result from our habitual thoughts start to leave a lasting impression on the face. Look at a 40 year old's face and you will have a good idea what that person is like.

Go to a mirror now and take a good look at your own face. Is it the face of a winner or a loser? Is it the face of a person who finds solutions and continues to become more successful each year or is it the face of a person

who finds excuses and feels sorry for himself or herself?

Now have a good open minded look at your body. What does it tell you about your habitual thoughts. Is it the body of a vibrant, energetic, person or is it the body of a lazy, undisciplined person?

Look at your posture. Is it upright, proud and confident or is it bent or stooped, carrying the weight of the world on your shoulders?

Now ask yourself if you are happy with your body.

If there is something that displeases you then ask yourself what thinking habits you need to change in order to change that aspect of your body.

Understand that the same physical characteristic may come from different thought patterns. For example, carrying excess weight may be a sign of lazy thinking or greedy thinking. It may just as easily be a sign of a mental desire for protection or it may be the reflection of a bullying personality that wants to throw his or her weight around in order to get what they want. It may reflect a fear of scarcity or it could be reflecting something completely different. There are many possibilities, but you will always find, if you look deep enough, a relationship between the state of the body and the habitual thinking patterns of the owner of that body.

Look around and you will see old people with bright, happy faces and old people with worn down, miserable faces. Look around some more and you will see young

## Unleash the Success Power of Your Mind

people with bright, happy faces and young people with worn down, miserable faces.

Make a decision today to develop the thought habits that will reflect in a health, happy, fit, upright body that will serve you well as you continue down your success road.

There is no physician like positive, uplifting thought for the curing of ill and the maintenance of good health.

Build that success garden in your mind and make sure that it includes health and vitality and then watch your body as a measure of how well you are tending your success garden. If you see a problem then do some mental weeding. If you see good changes then reinforce your positive thinking habits. You will be well rewarded for your efforts.

## **Focus Your Thoughts With A Purpose**

Most people find that their thoughts bounce around like bees in a barrel. Their thoughts are a response to what is going on around them. They have no guiding direction, no purpose to organize those thoughts into a powerful, focused stream that can make improvements in their life.

There is a saying “Small people talk about people. Average people talk about things. Great people talk about ideas.” I’d like to paraphrase that saying “Below-average people think and talk about people and socializing. Average people think and talk about things and events. Great people think and talk about purpose driven ideas and through those thoughts create success.”

If you do not have a guiding purpose in your life then you will most likely fall prey to petty worries, fears, troubles, and self-pity. You will probably waste your potential by engaging in mindless gossip or worrying about keeping up with the Joneses. When you get to the end of your life and look back you will discover that you made very little, if any, contribution to the world. You will just have been another nobody.

On the other hand, if you develop an inspiring purpose in life it will fuel your enthusiasm for goal directed action. You will have no interest in wasting your time on gossip or thinking about who owns this or who has that. You will wake each day with enthusiasm, looking forward to taking another step forward in your success journey. When you get to the end of your life you will

look back and see that you really made a difference in the lives of many people.

If you want to tap into the full potential of the power of thought then you need to develop an inspiring purpose!

This purpose will become a strong foundation for your thoughts. It will give them focus. It will become a channel that directs your thoughts away from random wanderings into a directed, powerful, force that will take you to greatness.

This purpose could be a spiritual ideal or it could be a material objective. So long as that purpose is large enough to become a passion and specific enough to give you direction then it will serve as the organizer of thought and as a result will produce success for you day after day.

Your purpose will give you the drive and energy you need to overcome the obstacles that each and every successful person has to overcome. It will give you the insight to see opportunity and the confidence to capitalize on that opportunity.

Without a purpose you will be no more than a pitiful soul making up the numbers. There will be nothing to distinguish you in any meaningful way from the millions of other also-rans that make up the bulk of our population.

But if you are taking the time to read this book on success then you must want to be more than an also-ran. Perhaps you want to become all you can be. Perhaps you want to improve your life and make a positive difference in the lives of others.

Take the time to discover or develop your inspiring purpose and you will soon discover how easy it is to develop a success thinking habit.

Just as weight training can strengthen your muscles, purpose can strengthen your mind and spirit. If you have to force yourself to work toward success then you simply don't have a big enough purpose. Once you discover or develop that inspiring purpose it will be impossible for you not to do what it takes to be successful.

### **Further Reading**

To learn more about purpose and to learn practical strategies of how to use your purpose to drive your success machine faster than you ever thought possible, click on the link below.

**[“How to Massively Increase Your Personal Success in Just 30 Days”](#)**

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## **How Your Thoughts Determine Your Level of Personal Achievement**

All that you have achieved and all that you have failed to achieve is the direct results of your thoughts.

Furthermore, all that you will achieve and all that you will fail to achieve will be the direct result of your thoughts.

There is a universal power, a pool of creative energy, that you draw upon each and every day of your life, whether you are aware of it or not.

This universal power always gives you exactly what your habitual thoughts ask for. It takes the same process to succeed as it does to fail. You are the one that determines which result it will be, and you choose the direction by choosing the type of habitual thought you fill your mind with.

This ability to totally determine your life is the greatest gift that anyone could receive and yet the majority of people waste it on producing an insignificant life of mediocrity.

You've probably heard the old saying that the abundance of life is like an ocean, but most people are going there with a teaspoon when they could just as easily be taking a bucket.

This is just another way of saying that the universe will provide you in life whatever abundance you want provided, you just know how to ask properly.

The one and only success producing way to ask is through your habitual success focused thoughts.

No-one and nothing can help you achieve in life unless you have made a clear decision to develop a success thinking habit.

When I first started to share my knowledge on success with others I thought I was going to be able to help everyone. I shared with them exactly what they needed to know. I showed them exactly how to take each step. I gave them every tool and resource that they needed in order to be hugely successful. Yet many of them did not even try to change their lives.

I soon discovered one of the most important of the universal laws of success; no-one and nothing can help you achieve in life unless you have made a clear decision to develop a success thinking habit.

Someone complains that he needs more money to live so he goes to the boss and asks for a pay rise. This person understands nothing about how success works. He is still expecting something from the outside to improve his life when he should be looking inside himself. Why not start by changing his own thinking habits and work to become more valuable to an employer. If he is more valuable then he can now get more money, either from his current employer or a different one.

If you want to achieve more then you have to start with your thinking. This also means that until you develop achievement thinking habits achievement will elude you.

## Unleash the Success Power of Your Mind

What you think is totally your choice. Therefore whether you achieve or not is totally your choice. If you believe otherwise then it is time to start weeding your mind.

What weeds do you have to remove in order to be an achiever?

Start with any form of excuse thinking. Then remove any thinking that suggests achievement is due to anything outside of you such as luck, circumstance, or other people.

Some people go to a fortune teller to discover their future. They have no understanding of how the universe works. Successful people write their own future and then make it happen.

You are writing your future now whether you know it or not. Your future will be the direct results of the thoughts that you think day in and day out. If you want to know your future then know your thoughts. If you want to control your future then control your thoughts.

Perhaps you are thinking that it is difficult to control what you are thinking. Well here's a little secret; if you aren't willing to learn how to control your thoughts then you will never learn how to become an achiever in life!

There can be no progress, no achievement without sacrifice, you have to sacrifice your weedy, limiting thoughts in order to path the way for success thoughts.

Remember that the universe gives you exactly what you think. If you think limiting thoughts you will **have** limitations. If you think about things being difficult you will get difficulties. If you think excuses you will get excuses. If you think that the world owes you something then it will continue to owe you, in other words you will never receive payment.

What if you replaced these thoughts with more positive ones? Replace limiting thoughts with thoughts of abundance. Replace thoughts of difficulties with thoughts of solutions or thoughts of ease. Replace excuse thoughts with action thoughts. Replace thoughts of the world owing you something with thoughts of you contributing to the world and being rewarded for that contribution.

It is also important to remember that you can fall from achievement if you allow your thoughts to fall and the weeds to take hold. Improving your thoughts is not a one-off solution it has to be a lifetime habit. There is always some person or circumstance looking to influence or undermine your thoughts and it is up to you to keep your thoughts on the success path.

Discover the fastest and easier way to get onto that success path and stay there by clicking the link below.

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in Just 30 Days](#)**

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## **The Power of Imagination**

Often when a great man passes away you will hear people honor his memory and achievements by saying “he was a man of vision”. Why do they describe him in this way? It is because great people are always people who give their imagination free range. They build their desired results in their thoughts before they see them in reality and it is this habit that allows them to achieve greatness.

We honor the men and women who have, through applying their imagination, turned this world into a better place for us to live. The great composers, sculptors, painters, poets, philosophers, and scientists. Yet parents, teachers and most of society also criticize our children for being dreamers. On the one hand we are honoring the great dreamers and on the other hand we are trying to stop people from doing exactly what makes the great become great.

As a result of this stifling of imagination most of us grow up either afraid to allow our minds to dream or else feel guilty when we do allow it.

It is important that you break free of this social conditioning and give your mind free range to create a magnificent future for yourself. It is also important that we have enough faith to allow that imagined future to become a reality.

You don't need to chase success, you simply need to get out of your own way and allow it to happen. You need to remove those mental weeds that are blocking your path and by doing so create enough space for the seeds of success to grow and flourish.

Napoleon Hill stated it so beautifully we he said “whatever the mind can conceive and believe it can achieve”.

- First comes the thought, the imagination, the dream.
- Then comes the faith in that dream.
- Then, and only then, comes the success.

Learn to love success thinking. Encourage yourself to dream and create a magnificent mental picture of your future. Then have the courage to keep building and strengthening those thoughts until success thinking is an unbreakable habit for you. Build your dream until it becomes a massive force that drives you to goal directed action each and every day.

Remember the great wisdoms we discussed in the beginning of this book; “seek and you will find”, “ask and you shall receive”, and “knock on the door and it will open to you”.

Remember that every great company on earth started as a thought in one person’s mind. Every great achievement in history started as a thought in one person’s mind. And every great thing that you achieve now and in the future will start as a thought in your mind.

The image that you build in your mind and then strengthen with passion will become the life that you live.

Have the courage to think big. Don’t go to the ocean of abundance with a teaspoon. You are worth much more than that.

Unleash the Success Power of Your Mind

To learn more about how to turn your dreams into reality, click on the link below.

**[Massive Success in Just 30 Days](#)**

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## The Power of Mental Calmness

A peaceful mind is a state well worth cultivating. It is in that state of peacefulness that your mind is most strongly in contact with the universal power. It is also the state of mind in which you are most strongly in contact with your inner self or subconscious mind.

To truly attain a calm mind you need to step beyond habits of judgment of yourself, of others and of the circumstances around you. You also need to step beyond prejudging the potential of yourself, others and situations. You will need to step beyond guilt and worry over your past and you need to discard all ill feeling you hold toward others.

If you can achieve this state of calmness and combine it with the mental image of the future you desire then you will find all forms of opportunity and understanding flowing naturally into your mind. **Once you remove the mental chatter of judgment, prejudice, guilt, worry and ill feelings then you will find that in their place a great clarity of thought will form.**

Through this clarity of thought you will become aware of opportunities that you have previously not been able to see. You will be open to the universe providing you with all your desires and you will be comfortable with accepting those benefits as they flow to you. You will become a magnet for success and happiness.

A person with a tranquil mind easily becomes the leaders of others. You gain the respect and confidence of others immediately and people wish to help you achieve your goals.

## Unleash the Success Power of Your Mind

You become for others a mental shade tree in their hot and dry land of cluttered thinking. Wherever you go others will follow. They will become inspired by your goals and will want to be a part of them. This is an important ingredient in achieving exceptional success.

Your inner peace will free your mind from all the distractions and allow you to focus on achieving your purpose. Combine this inner peace with a mental image of your purpose and you will be amazed at how easily success comes to you.

Well my friend, we are now at the end of this time together. If you wish to learn more and to learn exactly what you need to know in order to quickly acquire all the success you can dream of then please read my latest ebook.

**["How To Massively Improve Your Personal Success in Just 30 Days"](#)**

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**"They laughed when I told them that I could help people MASSIVELY increase their success in just 30 days..... But when they saw the results they were totally amazed!"**

Have you ever wondered what it would be like to be really successful?

To have incredible success in all areas of your life?

- More Money
- More Free Time
- Better Health
- Fantastic Relationships
- An Amazing Feeling of Personal Fulfillment

Can you imagine what it would be like if you could massively increase the level of **your own success in just 30 days from today?**

Not a slow plodding, general improvement but a **MASSIVE** increase in success across all areas of your life!

Well a **MASSIVE improvement** is exactly what you can be enjoying just 30 days from today.

**"No other success system can have you enjoying such massive, positive improvements in your life in just 30 days!"**

Don't you think that you deserve to really enjoy living the life of your dreams? ....

You owe it to yourself to get this e-book and put it into practice!

Doesn't it make sense to you to be all you really can be? .....

To have all you really can have?



***"An amazing program that will change your life!"***

How to Massively Increase  
Your Personal Success  
in Just 30 Days

By  
James Delrojo

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