

'In this e-book you can learn about working with the different areas of your life such as: relationships, career, family, learning, inner peace, fulfilment, health and so on. The aim is to improve any of the areas and thereby improving your overall well being.

We work with all aspects of life both our inner world with thoughts and feelings and our outer world with our body and surroundings.

You will learn how to choose the most important area out of nine areas. Find out where to start using your indoor surroundings to support you. And find out even more about using your treasuremap with different placements. By the way if you don't have a treasuremap already you can get inspiration to create one from reading the enclosed Freebie.

If you want to learn about the story behind the 9 life-areas then look at the info box below for a short introduction...'