



# The Universe of Solutions: Reprogram Your Mind to Change Your Life

*Jean-Guillaume Salles*

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# The Universe of Solutions: Reprogram Your Mind to Change Your Life

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## **The Universe of Solutions: Reprogram Your Mind to Change Your Life** Jean-Guillaume Salles

The Universe of Solutions is for people who want to change but who are having a hard time figuring out how to do it so that it will “really work”. This book is a short manual that will teach you how to transform the unconscious processes deep inside you that manage your survival into processes that let you really live, not just get by! Our conscious minds manage only 15% of everything we do! So, if we really want to take control of our own lives, we have work with our bodies, with our unconscious, in order to live our lives with Feeling, Joy, Health, Ease and everything else that is important to us. Here is a concrete, practical little manual that will help you learn to drive on the roads of our existence!!!

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