



## Book Review

### *5 Minutes A Day Dream-Action Path— Dream the Life and World You Desire, Then Create It!*

**What can five minutes a day do for you and our world?** A lot, declares social psychologist and discretionary time specialist Dr. Jan Gault.

Using the powerful tools of vision, belief and enlightened action, you are taken through a seven step process for creating positive change not only in your own life but within our global community.

#### **Learn How To...**

- \*Permanently dump beliefs that are standing between you and your dreams for a better life and world
- \*Break free from mindsets that are robbing you of personal riches and happiness
- \*Knock out toxic energy thoughts and images that generate doubts and discouragement
- \*Instill beliefs that empower you and trigger life-changing actions
- \*Tap into your inner greatness to create a life of meaning and purpose

Dr. Jan's new book invites you to expand your perspective as a global citizen, revitalize your life and contribute to the abundance and prosperity of all.

...It's not always easy to believe in our dreams and displace those beliefs and doubts leading us in the wrong directions.

...It's not always easy to change ingrained habit patterns blocking your greatness.

...And it's not easy to take the risk and step up to your true potential, transform your life and live the life for which you were intended.

However, after reading this book you will have some solid mental tools, time strategies and a dream-action plan for moving your life—and our world—up the path to prosperity and abundance.

Packed with mind tools, inspirational aids, and over 60 actions you can start taking immediately to transform your life and make a difference. This book is guaranteed to stir your soul and move you in the direction of your dreams for a brighter future and a brighter world.

**Dream the life and world you desire, then create it!**

**Take the first step toward change and  
Order Your Copy Today!  
[Click Here to save at Amazon.com](#)**

(ISBN: 978-0-923699-90-1, Ocean Manor Publishing, 272 pgs., pbk)