



# The Promise: Make Your Life Rich by Discovering Your Best Self

*Victor Davich*

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## **The Promise: Make Your Life Rich by Discovering Your Best Self** Victor Davich

Imagine what it would feel like to be effortlessly confident, powerful, and happy – to reap the riches you're entitled to, just by being born?

From the creator of the program Time magazine calls "the most American form of meditation yet" comes an exciting new 8-minute action plan that will empower you to reclaim the true joy and fulfillment that is all your own. *The Promise* is a revolutionary new program that will allow you to embrace an extraordinary gift: Your Best Self. This treasure already lies within you – no matter what you may think, or have been told. And you can seize it with Victor Davich's unique toolkit for transformation: STOP, LOOK, and LISTEN, a program comprised of more than a dozen powerful techniques. Here you'll learn how to:

STOP runaway thinking, relax, "decelerate," and de-stress your mind.

LOOK beyond self-limiting, negative beliefs, or judgments and opinions that hold you back.

LISTEN and become attuned to Your Best Self – the treasure within which true riches await you...

These and other exercises central to *The Promise* are easy-to-follow and done in just 8 minutes. And with names like "Buoyant Breathing," "You're Soaking in It," and "French Press," you know they'll also be fun.

The promise of a rich, fulfilled, and joyful life awaits you.

Start living your dreams – as Your Best Self – today!

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