

**Review of “Making Quantum Leaps & Knowing Zero Limits” by B. K. Hayer
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Making Quantum Leaps and knowing Zero Limits is a book which encompasses a broad range of knowledge and techniques for personal, professional and spiritual development.

The writer has very generously shared her own life journey of self enlightenment and development.

Each chapter has practical tips and exercises to help readers to start the journey of self development and help achieve their set goals.

The book takes a holistic approach to many aspects of life including mind, body, soul, healthy eating and healthy lifestyles.

It really helps to keep things in perspective especially when feeling low, helpless and hopeless.

Overall a good read for uplifting your spirits and helping the feel good factor.

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