

## **Review of B. K. Hayer by Jim Diockou**

I very much enjoyed this book and it has really inspired me to make some positive steps to change my life.

It is an amazingly informative book which I am hoping will help me improve the quality of my life and stop all the negative thinking.

As well as positive thinking, the book covers areas such as healthy eating, exercise, relationships and body language and gives practical techniques and interesting tips to help gain confidence, success and spiritual contentment.

I particularly enjoyed how the book explored the relationship between body and mind working as one and how to find the happiness already within us.

Would definitely recommend for anyone wanting to improve their sense of well-being!