

**Review of “Making Quantum Leaps & Knowing Zero Limits” by B. K. Hayer  
Simon Wellings**



Making Quantum Leaps and Knowing Zero Limits is one of those books that come along all too rarely. In a sense there is nothing new here – the book has its roots in such ideas as The Law of Attraction and The Human Potential Movement – but it’s done in such a novel and interesting way that it forces the audience to think less conceptually and more practically about what will work for them in their lives. And the author’s enthusiasm and warmth bubbles out of every page.

If you could receive information and insights that could enable you to live your best life, how much would that be worth? Imagine you had a time machine and could go back in time to meet yourself when you were aged about 20 – what advice would you give yourself? How valuable would this information be? Imagine knowing then what you know now – how would your life be transformed? The value is priceless.

Containing tips on exercise, diet, time-keeping, handling conflict, etc. this is a must-read for anyone who wants to launch themselves out of an unfulfilling existence.

By taking on board the ideas in the book and by thinking, feeling and acting in unison, readers will realize that life doesn’t happen to them but they in fact make life happen! People rarely achieve more than their own opinion of themselves. Dare we imagine a world where each of us is responsible for how we feel?

“Follow your bliss and the Universe will open doors for you where there were only walls.” Joseph Campbell