

Effortless Abundance

Recommended Resources

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Introduction

This catalogue comes bundled with products from EffortlessAbundance.com and associated sites.

The catalogue is a listing of highly recommended resources in the areas of self-development.

Each resource has been reviewed and is personally recommended by Mark Harrison. Many of them are either free or have exclusive discounts associated with them.

If you would like to see your resource listed, or if you have any queries, please contact info@effortlessabundance.com.

Listing

Vipassana Meditation

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2500 years ago as a universal remedy for universal ills. A large number of Vipassana Meditation centres around the world teach the technique and run retreats for free.

<http://www.dhamma.org/>

Emotional Freedom Technique (EFT, 'tapping')

EFT (Emotional Freedom Techniques) is a simple yet remarkable healing system that reduces the stress that underlies much disease. It has proven itself successful in many scientific studies. It works on a variety of health issues, psychological problems, and performance issues, even those that have been resistant to other methods. It can be learned and applied rapidly, which has contributed to its popularity among millions of people. EFT Universe is the home of the vibrant, worldwide EFT community. It hosts the wealth of resources available to both experienced and new EFT enthusiasts.

<http://effortlessabundance.com/eft.htm>

Neurolinguistic Programming (NLP)

NLP is a powerful and simple technique for overcoming negative emotion. The basic premise of NLP is that the words we use reflect an inner, subconscious perception of our problems. If these words and perceptions are inaccurate, as long as we continue to use them and to think of them, the underlying problem will persist. NLP enables us to become more peaceful, more effective and happier by changing our thoughts.

<http://effortlessabundance.com/nlp.htm>

Body Incredible

Body Incredible offers regular tips on nutrition, weight loss, and motivation. It's a bi-weekly updated blog run by Kat Eden, a Melbourne-based personal trainer and nutrition coach. Kat shares from both her personal and professional experience and keeps you

up to date with a back to basics approach to nutrition and lasting health success. Her slogan is "Life is Now. Press Play."

<http://bodyincredible.com/>

The Sonic Secret

The first landmark was the "The Strangest Secret" by Earl Nightingale in the 1950's. Then in 2006 came the blockbuster "The Secret" by Rhonda Byrne. Now, the final and most unique chapter in the Law Of Attraction Saga has arrived... and it's blowing the doors off conventional attraction. It's called The SONIC SECRET: Law of Attraction Music System!

<http://effortlessabundance.com/sonicloa.htm>

IQ Matrix

The IQ Matrix website is dedicated towards helping you improve and accelerate your human potential through a potent combination of Mind Mapping and Life Coaching principles. Topics focus on helping you gain the most from your business, academic, career, and life endeavors.

<http://goo.gl/01YuG>

Body Magic Pro Health System

Would you like to actually lose that weight you've wished would just disappear, without killing yourself in the process? Discover how to do just that, even if you have kids to get to practice, a boss breathing down your neck, a fondness for pasta, and don't ever feel like exercising. You can get your life back and love it again, without wasting another minute. It's only as far away as ordering this powerful fat loss system, now.

<http://effortlessabundance.com/bodymagic.htm>

Guy Finley's 'The Illusion of Limitation: The Liberation of Self.'

The liberation of self is, and always has been, the aim of the true spiritual path. For thousands of years seekers and aspirants have been invited by Truth to transform themselves -- to turn their indwelling potential into a divine reality.

This is your invitation to be one of the few.

In this powerful audio program you will learn the little-known secrets of how to:

- Turn what limits you into what liberates you
- Outsmart any fearful, anxious, or stressful feeling
- Learn to let go and let Love handle your life
- Release any kind of painful regret, guilt, or resentment
- Touch the creative forces that can transform your life
- See through and drop whatever is compromising your happiness
- And much, much more!

<http://www.guyfinley.org/album-giveaway/illusion>

Thea Westra's 'Foreword Steps.'

<http://www.forwardsteps.info/ForwardStepsFreeBonus>