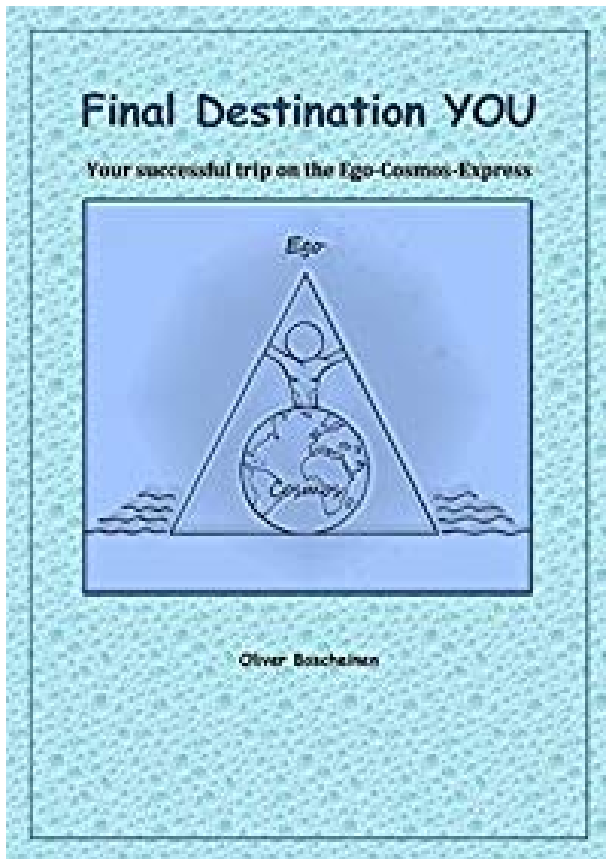


# Progress and Success: Final Destination You: Your successful trip on the Ego-Cosmos-Express



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"Your best time is not in the past and not in the future. Your best time is NOW. ALWAYS." (unknown) This book will change your life! It will help you concentrate on yourself and your own requirements. It may be an eye-opener for you and you will realize that you have probably been living some kind of life up to now ; but not actually your own life.

You like watching TV but you should do some physical training? How many times you tried to quit smoking, tried to drink alcohol or tried to lose some weight? You have a lack of motivation to change some things in your life? You had always wanted to do something else with your life? You don't know what the substance of your life is, or the most important part in it? By reading this book carefully, you will realize how you can fulfill your wishes and reach your targets. You may even find what you have always been looking for. Yourself!