



# The Freemind Experience: The Three Pillars of Absolute Happiness

*Tom Fortes Mayer*

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*'This is the best emotional intelligence system I have ever come across.'* -- Dr. Bal Rana PhD, Psychologist and Senior psychology lecturer

**Discover how to be happy and at peace.** Create a connection to your purest state of peace and happiness. Imagine yourself living fully and freely in the moment, utterly fulfilled and feeling vibrantly alive. This is The FreeMind Experience.

Combining teachings from the world's ancient wisdom traditions with the most effective rapid-behaviour-change techniques, hypnotherapist Tom Fortes Mayer presents with clarity, passion and playfulness the three pillars upon which all lasting happiness and success can be built:

**Pillar 1: Peace** – how to let go of the limiting thoughts, beliefs, feelings and behaviours that are holding you back

**Pillar 2: Power** – how to unleash your enormous potential and flow through life with brilliance by learning to relate to life in new ways

**Pillar 3: Purpose** – how to enjoy everything that matters most in life by experiencing more connection, contribution and celebration

Imagine yourself living fully and freely in the moment, utterly fulfilled and feeling vibrantly alive. This is The FreeMind Experience. This book ignites the flame of possibility inside us all.

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