

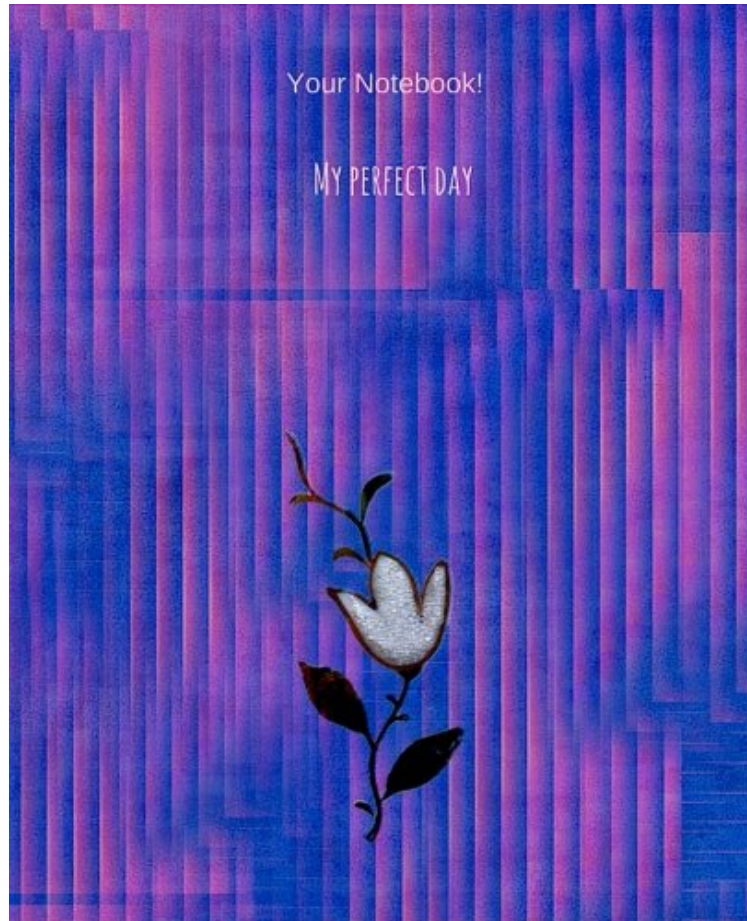
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Mary Hirose

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Your Notebook! My Perfect Day (Volume 3)

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Happy and successful people use favorite tools in creating their worlds - imagination and creative visualization. Create your favorite day on paper and enjoy how that makes you feel. Watch as more and more of what makes your day wonderful begins appearing in your days "in reality." Reality first begins in our minds and our imaginations. Enjoy all of your perfect days, even those that did not seem "perfect" at first will begin to take a new perspective as you write about them. Enjoy!