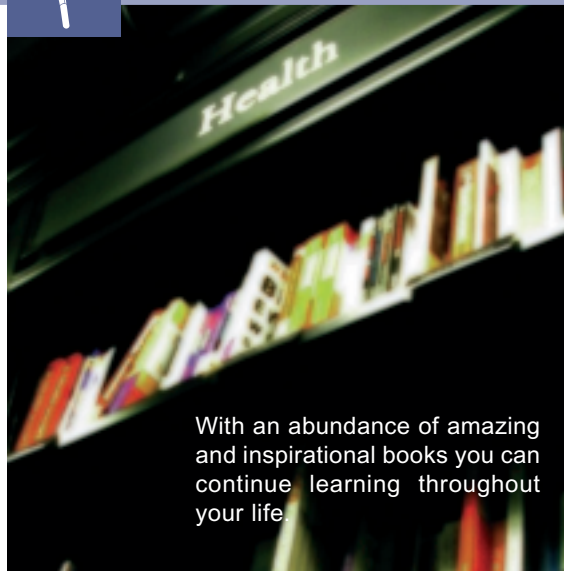




## What Have You Read Lately?



With an abundance of amazing and inspirational books you can continue learning throughout your life.

Reading is an important part of our own personal development and with so many books on the market we don't have to look far.

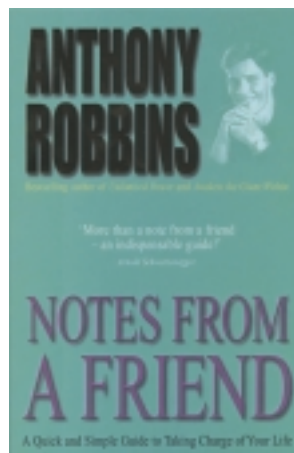
This month we are lucky enough to be able to offer Wellbeing Magazine readers a free copy of 'Notes From A Friend' by Anthony Robbins

Anthony Robbins is a best-selling author with four titles published in 14 languages around the world: Unlimited Power, Awaken the Giant Within, Giant Steps and Notes From a Friend. He has produced the best-selling personal development audio series of all time, Personal Power, with 25 million educational audiotapes sold in less than five years. More than one million people have attended Mr. Robbins's live seminars. Robbins has developed a series of books, tapes, seminars, multimedia packages, and coaching systems that are used by people worldwide in the improvement of their physical health, emotional well-being, relationships, finances, time management, and professional growth.

# Book Reviews

### What have you read lately?

You can tell so much about a person by the books they read.....



If you're looking for a wakeup call that's 100% positive then this book's for you. There's a wealth of uplifting yet practical wisdom here, all distilled into fewer than a hundred pages. Robbins's outstanding capacity for joy is contagious; after reading this, you may well wonder what on earth it was you were feeling so negative about!

Like all the best self-improvement authors, Robbins is highly readable, but never patronising. Here he explains how actively changing our mindset and managing our focus can literally work miracles. Positive thinking can become a way of life, and Robbins shows how. He is also the living proof that making someone else's day is the surest way to feel good yourself. ISBN 13: 978-0-7434-0937-7



Wellbeing Magazine in association with Medwestern are offering readers a **FREE** copy of 'Notes from a Friend'. Email your address and telephone number to [rachel@wellbeingmagazine.com](mailto:rachel@wellbeingmagazine.com) subject 'Anthony Robbins' to receive your **FREE** copy of 'Notes from a Friend'. Contact details may be used by Medwestern and Wellbeing Magazine to inform you of other offers.