



Self Motivation

This is a 10 steps methodology towards motivating our self and a continuous technique on self improvement.

There are so many problems and happiness that we face daily. The happiness we can share together, similarly we can share our problems with our love ones. By sharing our problems, we actually release the major problems. Then by motivating our self using these guidelines, we may be successful in our life.

happy

This methodology and technique will guide you thru as seen on family; reduce the risk of road accidents and char manufacturing environment towards continuous There is no one perfect solution to motivate us body and soul.

E-mail: motivationself@yahoo.com http://www.geocities.com/motivationself/

Price: RM30