



Instructions for a New Life

By Markus Rothkranz

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From international bestselling writer Markus Rothkranz, author of "Heal Yourself 101", "The Prosperity Secret" and "Free Food and Medicine", comes "Instructions for a New Life", the definitive step by step book on starting over from a life of confusion, desperation, pain and emptiness. So many people are unhappy in today's world because they are caught in a cycle of just trying to survive, and end up doing things they really don't want to do to pay for things they really don't want. They seek comfort in the wrong foods, wrong relationships and destructive habits, just so they can make it another few hours. People everywhere are feeling a great emptiness, alone in a vast world with little direction or meaning.

This book is the trumpet call for a new life... one with meaning and purpose. People want to be wanted. They want to be needed and appreciated. This can be fulfilled by having something to offer the world. Greatness comes from inner strength to make a difference in the world, no matter what it takes. "Instructions for a New Life" starts with letting go... of all the old thought patterns, destructive habits, relationships and material things we cling to. It teaches us not to fear loss by finding an inner peace that transcends our paranoid thoughts, and then cleanse our life and body, literally, through mind and body detoxing and proper diet. Markus is known the world over for showing people how to heal themselves of almost anything, at home, for almost no money, simply by eating what nature intended, and letting go of negativity and fear. This book has step-by-step instructions, recipes and explanations. It covers everything- relationships, sexuality, love, communication, food and diet, cleaning up, your unique purpose, and ultimately, the meaning of life.

Now with a new body and mind, we need a purpose. Everyone is here for a reason. Every person that's ever changed history had the courage to follow their personal inner voice, despite the odds against them. Some started with nothing but a loincloth and ended up changing the world. This is our birthright. It is our destiny. This book will change your life.

It finally answers the ageless question- What are we, and why are we here?

If you want the answer, here it is :-)

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