



Gnarly For Namaste: Get Wealth, Get Love, Get Longevity, Get Paid, Merging Mind, Body, Spirit

Ryan McLean

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The temptation to read this book fully, thinking it will be possible to cover the whole book in a few sittings, may be strong. That is how books normally work, but not this one. You need to follow each section one at a time--one exercise at a time--and you will succeed.

The purpose of this book is to form valuable habits and create a vital and bulletproof lifestyle that exponentially gets better as you develop these habits. Turning the Amateur into a Pro. The awakened go-getter at life will emerge. Friends, this book is here to lift you up to higher levels. It is not a RA RA RA book. It's purpose is to boost you up permanently and not just motivate you to death, but motivate you to action by 1000x. There is no end to the GROWTH MINDSET. This is a bootstrapping process. It won't always be easy, it will challenge you. Remember: The future is extremely bright as we evolve, and the secret to life is growth. The purpose of life is growth as one species.

The book is about creating new habits and the 90 day period of adjustment for each section allows the habits to be instilled into you brain, into your blood, into your physical bone structure. This book is about facing resistance and slaying the inner demons and dragons that seek to hold us back. Once we slay these inner dragons we will have paid the lease of success and winning attributes. Remember that you are only renting success and the rent is due daily. Professionals are aware of this, even if they do not know it as a truth. It is in their subconscious, and they actuate it on their paths to success. The difference between an amateur and a professional is in their lifestyle, as it bridges continually and consistently between their modeled reality, and their lived reality. An amateur stays at this level due to amateur focus ability and habits. A professional has professional habits in his or her modeled reality, which they actuate through daily morning rituals.

We can never free ourselves from the habitual habits. And that is not always the point. This book will help you RECLAIM your mind and take it out of the hands of the cultural mind thieves who want you to live the life of a gullible fool, watching the grass grow, never allowed to see the truth for what it is, and to escape from this Matrix. We are in the age of abundance and infinite possibilities, you have chosen this book because you are infinitely powerful and not laying in the bones of a dying world!

Facing resistance and opening yourself to deeper awareness is at the heart of this path we are now walking together. Below is a list, given in no particular order, of common life obstacles such as Fear, Excuses, Time, and Issues of Focus that tend to create Resistance.

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