

You can consider this book as a kind of recipe book for reaching happiness, success and freedom. I prepared it by researching what made people successful. Also, I share my own experiences that led me in attaining a successful life so you can all benefit. I give methods of becoming more healthy and fit, losing weight, earning more, feeling better, getting the job you want, acquiring riches and getting out of debt. More, I combined many methods and my own experience in order to produce a complete “Be Free!” system that will help you reach whatever goal you set yourself. I get right to the point with easily understandable tips illustrated with examples from my own personal experience. By following them, you too can have a positive, happier, lighter, easier successful life.

A few years ago, I found myself in a big dark whole, in a big black empty crater of sorrow and a descending loop of self-destruction caused by years of living a negligent life. When I understood how bad my life had become, I had but two choices: end it or improve it. I couldn't end it; it would have made my family too sad (or maybe I didn't have the guts); so I had to improve it. In only a couple of years, I have become free of feelings of hate and anger, health issues, addictions, financial problems and spiritual uncertainty.

By reading this book, you too will realize how fast you can change your life. It is not an easy task if you don't make the effort. The more efforts you put in, believe me, the more effortless it becomes. The more you work at it and use the keys to freedom that I will be giving you, the easier and faster it will be for you to achieve your personal freedom.

I decided to talk about many different prisons all in one book. There are many books that are often specialized in one field; whether it is money or health or positive thinking. I felt the need to share with you my experience dealing with most of them

since the keys that we will use can unlock many different prisons.

What do you have to lose? What do you have to gain? Think about it for a moment. Where are you now? How locked up are you? What is your concept of freedom? Do you think it is achievable? Well, it is.

I now regard every day of my life as if it was a day at the Olympics. Try it; it will change your perspective entirely. Let's say, for example that you are a gymnast and this is it, today is the big day. You have trained for this day all your life, you have done some sacrifices, you have worked hard, you have been disciplined and now is your big chance to succeed. There you are in front of millions of people and just as you are about to perform in order to access the gold medal you dreamed about all your life, you think: "ah, it sounds like work, too much work" or "oh, I can't do that" or "I don't have a choice but to fail". How ridiculous would that sound? We all have or had such negative thoughts and, perhaps abandoned an opportunity for a better life because of them.

Yet, every day of your life is your big opportunity; every single day is your chance to shine and win that gold medal. And, each day comes only once in your life, everyday is unique. That day will never repeat itself as long as you live. It is today and today you can start improving your life. You decided to since you have this book in hand.

I have a friend that told me in October that 2009 was a bad year but 2010 would be a great year. That almost killed me, especially since it is not the first time I hear that from him. First, it means that a full year was wasted, second the year isn't over but he already trashed what is left of this year; thirdly it will never be a great year unless he changes the beliefs and feel great from within, first.

When I was younger, I played computer games, board games, role playing games

like Dungeon and Dragons and, every time it didn't go exactly the way I wanted or if I was losing too fast and I thought I couldn't win; I would quit (or die) and start over thinking it will be better next time. Later on, I did that with relationships and with jobs. I was an endless quitter, re-doer and so on and so forth until I understood that I needed to change my pattern, stay in the game and make the game better. Improve my destiny by changing myself from within. Change for the better started occurring only after I changed my self, my thoughts, and my actions.

In reality, we cannot erase the board; go back in time, and do it again. The last day of our life, we can count our regrets, we can despair of our non-doing and we can try to forget our misery. That last day, we can even maybe want to change at least one thing, call that forgotten friend, give to that charitable organization, or quit that lousy job. Think about it, if you found out you had a year to live what would you do? Would you stay in that job? Would you continue in that relationship? Would you travel? Would you remain in your enslaved self? What would you do?

Of course, very seldom we know how much time we have left. Most people would never even want to know. That is the reason why the present is the best time to start all of what you have put aside before it is too late. In the 2005 Commencement address Steve Jobs, CEO of Apple Computer and of Pixar Animation Studios, made this amazing statement that changed my life: "If you live each day as if it was your last, someday you'll most certainly be right." I have repeated that sentence to many people since I read it first and a lot have told me that it scared them. Why, I asked? Nobody wants it to be the last day of their lives, evidently. Or, nobody wants it to be the last day of their lives because they feel their lives have not been full or they missed a purpose or went by too fast or; what would be your reason?

Every night before I go to bed, I ask what made my day special and feel grateful

of what happened. I deliberately create a special day and the more I work at my day being special, the more the days of people around me and those I meet become great as well. I will share with you some ways that really work on how to be empowered in your life, how to be grateful not only at the end of the day but to feel the bliss all day. I am now free and I want you to be. Of course, I am still in search of deeper and better understanding of the Universe, the Great Spirit and human nature. In the meantime, I wrote this book with passion because I knew it would help others achieve freedom at one level or another.

I want you to have a fulfilled life, a life of purpose, a life of meaning and passion. I want you to live each day with love, gratefulness and bliss. I want you to feel and be free.

Life is beautiful in that it is a perpetual start. Every morning you have a chance to start over. You are alive, live alive! You have a chance to participate actively in your life and renew it in a magical way. Read how now, learn how now, do it now.

Life is well worth it