



# **The Ultimate Guide to Letting Go Of Negativity and Fear and Loving Life: What I Learned on My Journey from Hater to Appreciator**

*Ted A. Moreno C.Ht.*

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## **The Ultimate Guide to Letting Go Of Negativity and Fear and Loving Life: What I Learned on My Journey from Hater to Appreciator** Ted A. Moreno C.Ht.

From cynical slacker to husband, father and successful hypnotherapist, Ted A. Moreno shares “Tips for Transformation” gathered from experiences bitter and sweet on his journey of self discovery. At age 39, disillusioned after a seemingly endless series of dead-end jobs, dysfunctional relationships and fruitless attempts to raise his standard of living, Ted is compelled to ask “What the hell is wrong with me?” He sees that his own negative self perception and low self esteem are keeping him stuck in mediocrity, so he begins to search out the tools for self-development. With wisdom, humor and deep compassion for those who struggle to find their way, Ted shares what he has learned on his own path from negativity and fear to a profound appreciation of being alive.

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