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Book Review

How to get anything you want -

Just like that!

by Janet Poole

Janet Poole's new self-help book is a fresh, simple to follow, down to earth guide to improving one's life. Janet asks, "Can you really get anything you want?" She goes on to say that scientific research says you can. Learn how to value yourself and live life on your own terms!

"Many people dream of having the courage to leave behind the herd mentality, and become a lively and confident leader of their own life. This new book gives them a much-needed recipe to fulfill that dream," says Janet.

How to get anything you want - just like that! was created to be a one-stop resource for understanding life. Scientific evidence proves we are extraordinarily powerful beings. Each of us is able to choose whether we wreak havoc in our lives or create anything we want easily. This evidence sadly remains largely hidden, which means most people still consider

themselves powerless.

Janet poole's mission is to inspire people to live an extraordinary life on their own terms, to reach their full potential and to wake up enthusiastic about their day, every day. Janet's debut book is receiving rave reviews. It won awards in three categories of the 2011 Reader Views Literary Awards, was a finalist in the 2012 National Indie Excellence Awards and won a 2011 Pinnacle Book Achievement Award.

Since early childhood, Janet's life has been an adventure, mostly fabulous but with its fair share of challenges - which, of course, generated the greatest learning and growth. She has followed many alternate paths in her quest to understand life, including quantum physics, neuroscience, the link between brain-body-emotions, neuro-linguistic programming (NLP), Taoism, Masters of the Far-East, Eckankar and nutrition.

Janet was born in Durban, South Africa. Her initial career in information technology took her first to England. That gave her the opportunity to travel around Europe and work on a Kibbutz in Israel. Janet was offered a contract in Australia, where she has lived for twenty three years with her partner and her two children.

How to get anything you want - just like that! is available through The Turning Page Bookshop, Springwood and Megalong Books, Leura.

