



Self-Mastery: The Zen Way to Attain Peace, Develop Detachment, and Program Success

Dick Sutphen

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Envision a life characterized by complete inner peace, even in the midst of suffering and chaos. Envision liberation from negative and aggressive people, frustrating expectations, and the self-defeating fears that hold you back from your true potential and ultimate success. The results would be like magic, a complete, total, and lasting transforming of your life and everything in it.

This is not a fantasy to dream about, but a reality you can enjoy daily once you begin working with *Self Mastery: The Zen Way to Attain Peace, Develop Detachment, and Program Success*. This extraordinary new program combines the ancient philosophy of Zen with cutting-edge mind programming techniques to create one of the most powerful and liberating transformational experiences ever presented. *Self Mastery* culminates the decades-long career of Dick Sutphen, an originator and constant innovator of the science of altered mental states and mind programming, and a world-renowned expert and lecturer on the topic of metaphysics.

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