



# Inner and Outer Success: The Best of Conventional Self-Help With New Energy Psychology Techniques

*Mr Brett A Rogers*

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# Inner and Outer Success: The Best of Conventional Self-Help With New Energy Psychology Techniques

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## **Inner and Outer Success: The Best of Conventional Self-Help With New Energy Psychology Techniques** Mr Brett A Rogers

Inner and Outer Success is a self-help book that teaches the best of conventional self-help techniques while incorporating meditative techniques and Psychic Anatomy Exercises. The meditative techniques and Psychic Anatomy Exercises help empower healthy psychic energies within us, which causes a detox of unhealthy psychic energies associated with our inner issues (ex. unhealthy emotions and thoughts). This book focuses on empowering you in several ways that causes the healing (neutralizing) of inner issues to happen spontaneously and often effortlessly. This and related psychic energy phenomenon are being explored in several sub-fields of psychology and medicine. Techniques for self-exploration, improving self-awareness, living simply, managing relationships, managing ourselves and enhancing our physical health are also discussed in regards to conventional self-help techniques and psychic energies. The potential of psychic energies to enhance our health and performance has been known since the beginning of recorded time, but only recently has it been met with academic research, resulting in incredible advancements on how we can use them. Brett A. Rogers has been diligently studying and practicing psychic energy arts since 1995. He has written several books on these subjects, which have contributed greatly to the information presented in this one.

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