



# **4 Minutes a Day, Rock 'n Roll Your Way to Happy: Be Happier, Healthier, More Prosperous, and Live the Life of Your Dreams**

*Shemane Nugent*

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*4 Minutes a Day, Rock 'n Roll Your Way to Happy* is the title of my amazing wife Shemane's new book. The woman gets it, and she gets it every day. Quality of life and true happiness come down to individual choices, and in this day and age of a world all shook up, we often need a reminder of the little, simple things that add up to overall health and a sense of completeness. Shemane nails it in every way as her higher level of awareness readily identifies all the various ingredients to bring it all about. She knows and she lives it. This great book can make all the difference in the world.

-Ted Nugent

If you've ever wanted more in life: love, happiness, health, wealth, a different career, or a stronger spiritual connection, then this book is for you! The good news is that it doesn't take years to make all of these changes. All you need is 4 minutes a day to create and live the life of your dreams! No, really. Most of us don't have an extra hour a day to start a new exercise program or even think about a career change, but 4 minutes a day isn't out of the question, is it? Time is our biggest obstacle, which is why this program is effective. Use this book as a journal to describe your inner most thoughts. It's time to get real. Dig down deep and be honest with yourself. Right here. Right now.

Take the next step. Open this book, commit to 4 minutes a day, and you'll be surprised about what You can do! C'mon! That stirring inside you is a calling to find your purpose in life and be happier, healthier and more prosperous.

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