



Some comments from clients who have read the book:

This book was also celebrated among many other international books in Houston Texas (USA) in April 2009. 17 copies were sold against stiff competition from other international authors at the 3 day SDI conference in Houston (United States of America). Gibbon Bogatsu.

"Gibbon my sister has been going through some difficult time. I gave her your book to read. It was exactly what she needed. She can't stop talking about it. The book has totally transformed her life." *Julie Fetter. HR Manager, MFC Meadowdale (South Africa)*

"I loved your guidance which included advocating healthy living - the food/mood connection. You have the power to change people's lives. Thank you for adding value to my life." *Bev Jack. Director: Group Skills, The Kelly Group Sandton, (South Africa)*

"Gibbon I finished reading your book and I am now using it to motivate my staff." *John Bennett. (Partner in the banking division of Price Waterhouse Coopers) Sunninghill (South Africa)*

"I enjoyed reading the book. It made me look at my life from a different perspective. I am reading it again with a sense of healing." *Bonolo Bagwasi. Barlow World Gaborone (Botswana)*

"I found the book very enlightening and the exercises worth doing. Thank you so much!" *Mapula Letsoalo. Director: Radiopharmaceuticals NTP Radioisotopes (Pty) Ltd Pretoria (South Africa)*

"This is a life time book that permeates time and experiences throughout life. It beautifully lifts God up, celebrates life and goes beyond man made parameters that stifle faith." *Pearl Tlholoe. SAA OR Tambo Airport (South Africa)*

"The great thing about this book is that the author has succeeded in simplifying life's complex ideas and making them accessible to ordinary people." *Rev. Dr. Michael Van Heerden PhD. St. Augustine College Linden (South Africa)*

"Your book has a tremendous calming effect." *Ntombikanina Malinga. Eskom Sunninghill (South Africa)*

"Definitely a must have life manual." *Norah Mabitsela. Virgin Active Houghton (South Africa)*

"Brilliant! This book is for everybody. It can be read by a 15 year old and a 50 year old. It speaks to our different moods and looks at life holistically." *Carol Makhubela. Nedbank Sandton (South Africa)*

***This Book is Ideal as a Corporate Gift for Clients, Employees, Conference/Workshop Packs, and Employee Assistance Program for Motivation/Self Help and Wellness.**