

HEALTH AND WELLBEING

CLAIRE MORTON AND THE SUCCESSFUL MIND

Liverpool based Yoga Teacher and NLP Coach Claire Morton, the 'Purpose Pusher', contributes to a new, Best Seller, 'go to book' for Life Coaches and Individuals.

and I am really excited to share with you the launch of my first chapter in a published book."

In her chapter, Claire looks at how yoga allows you to harness and ignite the positives that lie in the subconscious mind, so helping to create a successful mindset. She discusses the fact that yoga is a way of life and not just a fitness class and talks specifically about two parts of yoga, meditation (Dhyana) and breath control (Pranayama), along with the myths, the history, the science and the benefits of practicing yoga in today's modern world.

Claire is extremely passionate about helping people and says, "If you're looking to personally develop and live the life that you want, then open your mind up to the world of choice and let yoga in. This chapter also comes with the simple truth on topics such as the brain, body, stress, energy, brain waves states and a sprinkle of philosophical quotes, and inspires the reader to digest and build on the belief; to know that this ancient tradition is more than just spiritual 'woo woo' stuff. It is real, and recent scientific research is out there now to be able to demonstrate how this works, but let this book help you discover that for yourself.

"Your state of mind decides how your life pans out. You can choose the path that you want to take. The only thing that stops you or brings you success is your state of mind – your own mindset! For this to happen you must reconnect your mind with your heart in order to be able to live in creation, gratitude and abundance."

An expert mindful business coach in Australia, Dee McKee, adds, "The Successful Mind' gives you the roadmap you need to create success in your life. More than 30 experts from around the world

have come together and have created endless possibilities for you to put into place the steps to enhance and transform your life. You are the creator of your dreams and this book allows you to figure out the path."

'The Successful Mind' is published by Thin Leaf Press and, just a few days after the book's official launch on October 6th, the

Kindle version became the No 1 Best Seller on Amazon's Personal Transformation list of books. Both the kindle version and the paper back version are now available to purchase and Claire says, "If you don't normally read kindle books, no problem, as you can download a free kindle-reader from Amazon when you buy the book.

She adds, "While working on my chapter for this book I have met some amazing people, and had a laugh along the way, along with learning so much about myself, humanity and life itself.

FOR MORE INFORMATION ON HOW TO PURCHASE 'THE SUCCESSFUL MIND':

email: claire@thepurpose-pusher.com.

or visit Amazon direct at

<https://www.amazon.co.uk/dp/B08KGVG3Z>



WHEN Covid-19 rapidly shut things down in March 2020, speaker and bestselling author Erik Seversen was faced with the cancellation of all of his public speaking engagements for the remainder of the year. Not wanting to let this stop him from getting out his very important message, he quickly sought the help of experts from around the world to create a book called 'THE SUCCESSFUL MIND': 'Tools to Living a Purposeful, Productive, and Happy Life'.

As a result, thirty-three experts from around the world collaborated to answer the question, "What is the most important thing you can do to create more success in your business and your life?" To have a vast collection of knowledge regarding mindset and success as possible, Erik solicited the help of experts from all over the United States and nine other countries, creating the quorum of mindset professionals authoring this book.

One of the mindset experts approached by Erik was Liverpool born and bred Claire Morton, known by many as the 'Purpose Pusher'. Erik asked Claire, a mother to three children, if she would like to offer her spin on how to create a successful mindset – and subsequently her chapter, Yoga and Neuroscience to achieve success, now makes for Chapter 23 of this best-selling book.

Written with contributions from medical doctors to yoga instructors to business coaches to fire walking instructors, 'The Successful Mind' is the modern 'go to' source for mindset coaches, as well as individuals wanting to learn more tools to success. Claire says, "I am so delighted to have been asked to contribute to this book

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