



# Be by Design: How I Be is Up to Me!

*Christine McKee*

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## **Be by Design: How I Be is Up to Me!** Christine McKee

Are you where you want to be? Do you know how to get there? The human brain is the most complex and wondrous thing you will ever own, and you do own it. When it comes to understanding our consciousness, however, we often feel lost. We simply haven't read the owner's manual. If you're not finding the answers, rewrite the questions. BE by Design can show you how to get the most out of life by handing over the controls and making you accountable for your own existence. Using a four-phase process that draws on a blend of modern psychology and eastern wisdom, this journey to self is full of easy-to-use, practical tools and stimulating strategies to help you unlock your full potential in everything you intend, think, feel, say, and do. Make every day amazing; be the best you can be. Love, family, health, life purpose-these are the things to define us, not confine us. By pausing, stepping back, and examining your relationship with yourself and those around you, you can break free of habits and beliefs that are holding you back. Like a GPS for your soul, this book can help you get from "A to Be"-navigating a path to your chosen destination. Devoting time and energy in your well-being is always a rich investment, and the rewards are unlimited. Happiness, empowerment, focus and confidence-they all await when you take charge of your life and design how you want to BE.

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