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*Michael Doody*

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# Il Segreto. Crea il tuo giorno [The Secret. Create your day]: Tecnica guidata [Guided skill]

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Questa tecnica ti permette di creare mentalmente la tua giornata, con una veloce e potente visualizzazione integrata, e di "predisporla" al successo. L'ideale è perciò eseguire questa tecnica al mattino, appena dopo il risveglio. Ogni mattina, prima di iniziare la giornata. Questa serie intende offrirti tecniche guidate passo passo, di semplice e immediata esecuzione e alla portata di tutte le tasche per praticare e allenare tutti i giorni il nostro potere di attivare e mantenere attiva la nostra Legge di Attrazione.

[This skill allows you to mentally create your day, with a fast and powerful integrated visualization, and "set it up" to success. The ideal is therefore perform this technique in the morning, just after waking. Every morning, before starting your day. This series aims to provide technical guided step by step, easy and immediate execution and affordable for all budgets to practice and train every day our power to activate and maintain our Law of Attraction.]

**Please note: This audiobook is in Italian.**

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