

*Get the Life  
you want*

Noel Walker

Read the following with an open mind  
and make your own discoveries!

The quote below is believed to be from  
the teachings of Zen and seemed rather  
apt when a colleague repeated it to me:

***'When the student is ready to learn,  
a teacher will always appear.'***

What I have found increasingly over  
the last 17 years is not only the truth  
of those words, but also that what one  
perceives, and imagines, a teacher to be  
is not always what we expect.

**A teacher can take many forms.**

Please note that the Book title, Contents page and the 'In a Nutshell' segments at the end of this preview reflect the fonts used in the book. The other pages have had the font converted to one better suited for computer screen viewing.

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## So first things first...

There are so many areas in life where one might experience dissatisfaction and therefore, would like to change.

It is nigh on impossible to find the exact reason as to why you have picked up this book – apart from the common theme as with all other readers, you are unhappy about something and you would like things to change.

Consequently, you may not find the answers you seek by the end of **Chapter 1**, but read on, because what is on offer is actually something far greater. What you are about to gain is:

*A logical, reasonable explanation  
as to how **everything** interlinks and how **you too**,  
can get the life you so truly want.*

You will of course come across the answers you are looking for, but more importantly, **understanding how it all interlinks** will now give those answers that key ingredient that allows significant, and lasting changes to not only come about, but to also do so with ease.

Once the penny drops you too will suddenly look out over your world with awe, as you now genuinely start to appreciate, just how phenomenally incredible the opportunity you have in front of you really is – in fact, in ALL areas of your life.

As soon as that happens, you are then but a few steps away from actually living the life you would so truly love to have. The **Step by Step Guide** has been included to help accelerate the rate at which you are able to do so.

Many books endeavour to do the same but, because they only address a select number of points it means that although what is written is of interest, the vital connections are not able to be made, and so consequently, the reader is not able to make those fundamental changes. As a result, very little does.

Basically the necessary connections can only ever be made once the reader has gained a greater understanding as to how ALL might be connected.

Why?

Because we all know, deep down, if you want to be truly happy then this must be reflected in **ALL** areas of your life. For example; one cannot be happy... and unwell or have the 'perfect job' and a disastrous relationship, and so on.

So irrespective of whether your current issue is related to:

- Work;
- Relationships;
- Self-image;
- Health;
- Life fulfilment;

Or any other area where you are not experiencing joy, it makes no difference. Everything is connected. So although the initial chapters start off from a 'work' orientated perspective, it is simply just that, a starting point, in many cases, just substitute the word 'work' for whatever area you wish to address.

*Keep reading and the answers you seek  
will soon come tripping off the page.*

Any questions Email us [GTLYW@Open-Leaf.co.uk](mailto:GTLYW@Open-Leaf.co.uk)  
or Call details at the back of the book. To visit our  
website [www.Open-Leaf.co.uk](http://www.Open-Leaf.co.uk)

And lastly it took over 17 years and the help of  
so many to get all this down, and distilled into a book  
– here now for you to read. So once you have the  
answers you are looking for, why not tell your work  
colleagues, friends and family. In fact anyone who isn't  
living a full and rewarding life, because as you are  
about to find out, we *all* have the potential to do so -  
and the *more* we all do so the *quicker* still it then is,  
for you! Why? Because of the opportunities created as  
a result, and vice versa.

So just how does one, get the life *they* so truly  
want...?

## How Can You Live a Happy, Healthy And Fulfilling Life?

Have you ever wondered why some people seem to have it all, a great job, perfect relationship, look fabulous, a lifestyle to die for, lots of money, even fantastic health, whilst for others – it's all a bit of struggle?

Are there areas in your life that you would like to change? You are reading this book so the answer must be, yes!

The books message is simple: if you are currently living an unfulfilling life, irrespective of which area you would like to change - you have unrealised potential within you.

*Realise it, and you will get the life you so truly want,  
- keep on doing so, and you will live it.*

Consider this book as being **the right tool** to use in order to learn how to discover your potential, realise it and importantly, keep on doing so with incredible ease.

I can almost see the expression of disbelief on your face: ***how can a book... help me get the life I so truly want?***

I know it is a powerful claim, but completely justified; reading this book *will* change your life.



It does so by making you aware of the **current framework** you are operating out of, as it is just this that is causing you to experience all that you do; from the way you interpret your experiences, the connections you make, to the situations you find yourself in. Consequently, if you are not living the life you want then your current framework is one where no matter how hard you try, life's on-going experiences are invariably going to be a combination of struggle and compromise; the end result being, the life you experience is always going to be one that is less than your ideal.

Unfortunately, whenever this happens it also inadvertently generates yet another source of frustration as a result.

*The only way out... is to change the framework you operate out of.  
And since **you** are the one who creates it,  
**you** are the only one who can alter it!*

Understanding how all life is connected is not only the most effective way, but in doing so, it also highlights something even more incredible that is, not only are you able to experience all that you truly want but also, the opportunity to experience true happiness and fulfilment in *all* areas of your life too – a direct result that arises from realising your full potential.

Once you know of this opportunity you are practically there. The only thing left is to learn how to take advantage of it, because to do so, enables you to experience the best of both worlds. The icing on the cake is that once you know how to, you are able to do so quickly, and incredibly, with remarkable ease.

*It makes absolutely no difference where you currently are in life,  
I will show you exactly how to get;  
from where you are now, to where you want to be.*

This book will widen your understanding and knowledge as to how everything in life connects. Once this happens everything else will then fall easily into place. **And that is my promise.**

There is an opportunity for readers who wish to cut to the chase, even as you are making your way through the book. As soon as it clicks, if you would like to accelerate the process... **remember the invitation, page 305.**

## **Chapter 10**

### **The Sheer Magnitude of What Is On Offer**

As you work through this book, by continually building upon your new-found knowledge, your life will begin to unfold in a highly desirable way, a way that will not only enable you to experience more of what you want but also increasing levels of health, happiness, prosperity, purpose – the list goes on, on top of that, the relationships you have will also be increasingly more open, genuine and right for you too.

Basically, although you are currently seeking answers or wanting to know how to change certain things – what I am hoping you are also beginning to appreciate is that, living a fulfilling life would not only address the initial points above, but also, the life you may currently ideally seek as being the one you'd love to have, is actually still only a fraction of what you could experience, if that is, you were living a truly fulfilling one. Incredible, I know, but the opportunity for you to discover how to experience just that, is what is also being afforded to you here.

So, understanding how you are able to experience what you want and why, is only the beginning.

And if that's not all, we all have a vested interest in doing so, as well as in helping all others do the same. The more fulfilling your life becomes, the happier you are. The happier you are, the happier proportionally everyone else must also be as a result too.

## **A page from one of the exercises...**

As you can see material goals lie at the bottom. Raising your sights automatically enables you to experience all that is below.

Now make yourself a drink, grab a pen and work through the following exercise. It won't take long and the benefits of doing so are both great and far reaching.

The order of the day is to have fun.

### **Exercise**

#### **Your House**

Write down, or draw pictures, use as many descriptive words and phrases as you can to describe your ideal house. Highlight the descriptions or ideals that begin to stand out.

Why are those ideals important or interesting?

In your current situation, what would be a more realistic goal?

Why?

In an ideal world, where would you like to live?

What does that area mean to you?

In your current situation, what would be a more realistic goal to aim for?

Why?

manual was missing our understanding of how ‘the computer’ works, would also be limited in another way. The computer may be capable of doing a whole host of other useful tasks – in some cases tasks that we had always wanted to do, but we were just unaware of this fact even though, we had the actual tool to hand!

The only thing that holds us back from knowing this is our limited understanding, and it is the same with life. We are continually presented with opportunities that would be of great interest, highly beneficial and extremely enjoyable, but we are either oblivious to them or worse still, just fail to take sufficient advantage.

Simply put, we all have potential, we all have abilities and we all have feelings. So we must all have something to offer, and more importantly, there must also be the opportunity for us to realise that potential too.

*All life forms – have purpose.*

Otherwise what would be the point? I also believe that all life forms share a common objective: that is, they are all constantly seeking to get the very most out of the lives they live – and we humans are no exception.

So here is your opportunity to understand and discover what it is that you have to offer, and importantly, also gain – from realising **your potential and from doing so on an on-going basis.**

*In a nutshell*

- You have something to offer;
- You have to discover what it is you can offer;
- Life does not create a form that has no purpose.
- Remember if at any time you want or would like to accelerate things, turn to page 305.