



# How to Make Your Dreams Come True

*Mark Forster*

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## **How to Make Your Dreams Come True** Mark Forster

Most people think of life as either something that happens to them or as something which they have to bend to their will. Life in short is seen as a series of problems requiring solutions. As a result people spend much of their lives either in escape activities or driving themselves to achieve, often both at the same time. But life becomes qualitatively different when we see it as a theatre in which we decide what is going to happen and then let it happen in the way that an artist will allow his or her creation to appear. This book is an example of the message that it teaches. Forster records methodically how he himself stopped struggling to work against his own feelings and to let his life happen. Exciting and inspiring, his own story with accompanying exercises for the reader prove the life-changing fact - that when we give priority to the workings of our unconscious minds we can trust them not to let us down.

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