



“TAP into *Reality*” Mindset Vault

– SCROLL 15 –

Maintenance of Sound Health

Follow work with play, mental effort with physical, eating with fasting, seriousness with humor, and you will be on the road to sound health and happiness.

Don't try to cure a headache.
It's better to cure the thing that caused it.

Whatever you possess, material, mental or spiritual,
you must use it or lose it.

You are a mind with a body! Since your brain controls your body, know that sound physical health is dependent upon a Positive Mental Attitude. Establish sound, well-balanced health habits in work, play, rest, nourishment and study, and develop and maintain positive thought habits. Remember, what your mind focuses upon, your mind brings into existence.

If you think you're sick, you are.

Remember Dr. Buttar's life changing formula:

First, you must **LIVE A Result**, before you can **GIVE A Result**
The TAP into Reality Vault will help you reach your desired destination.

Whatever the mind can conceive and believe, the mind can achieve. *Napoleon Hill*

www.TAPin2Reality.com

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