



Becoming Your Best Self: A theoretical and practical guide to Personal Transformation from Duality to Unity

Dr. Gene Basin

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Welcome to the exciting experience of Becoming Your Best Self-healthy, happy and abundant. This book is a blend of modern science and spiritual thinking, a philosophy and practice of the process of change-the only constant, in the constantly changing world. It is about who you are, about what the reality is of which you are a part, and how you can apply Unconditional Love Principles and establish a winning relationship with everything and everybody around you. Practicing these simple mental and physical exercises gives you an ability to take total responsibility for your own life, for every moment of it. Feeling good will become your normal every day state. You will know exactly what to do and where to go; you will know how to do what you want to do and how to get where you want to go. You will have all the necessary tools to accomplish your goals and get safely and quickly to your desired destination. You are a part of All-That-Is-Universe in an ever-changing process of becoming. Becoming who? It is for you, my friend, to decide. This is an exciting journey, a challenging adventure. Come along! You can do it!

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