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**for audio book: It's Your Move!**  
**for eBook: MindSlap!**

### **PART I THE RULES [DISC 1]**

1. Rules? What Rules?  
If you desire to make the move to transform your dreams from wishful thinking to reality, you need to know the rules. The game is a lot easier if you do.
2. The Psychology of Change  
Usually the bulk of your energies is spent working in the wrong areas. As a result, nothing changes. Discover the internal discipline necessary to master your process of creation.
3. You are a Work in Progress  
You are a self-developing organism. You are an experiment, but it is an experiment in self-evolution.
4. Creating Polarity  
Many people complain because of boredom. Life is humdrum and boring. What's the reason for this? They have no polarity.
5. Say Yes! to Your Dream  
Discover what you must do to continue on your journey toward a better life.
6. Clothing Your Desire  
Tailoring your world with the scissors of your mind.

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2. Nurturing Your Desire  
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3. Your Mental Equivalent  
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4. Being at One with Your Desire  
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5. So You Want to Lose Weight?  
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6. Tired of Feeling Like a Loser?  
You can create negative as well as positive experiences. The choice is yours!
7. Your Ace in the Hole  
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4. The Heat of Change  
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