



The Low Density Lifestyle: The Secret to Becoming FREE

Dr. Michael Wayne

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A Low Density Lifestyle is experiencing and living in a more relaxed, less stressed, and calm, clear and focused manner on an everyday basis. It is also a way that can lead you to better health and happiness, along with living a more fulfilled life. A Low Density Lifestyle is the antidote for our increasingly fast-paced lifestyle. With each passing day our hectic existence is becoming more and more unbalanced and out of control. The pace of our society is leading us to the complete opposite of a Low Density Lifestyle-to a High Density Lifestyle. Collectively, all of us have been affected and are literally crying for a pause, a virtual time-out from this torrid pace. Our natural inclination is to aspire towards a flow state, no matter the obstacles, because intuitively we know that this is the true path to happiness, health, inner peace, success, productivity, focus, clarity and quality of thought, better relationships, love and spiritual growth. We all want to be there, yet we don't know how, nor do we have a clear road map as a guide. This book is your guide. This is a book about many things-health, wellness, happiness, fulfillment, doing what you love, movement, being a creative thinker-but at the same time, it's about one thing: living to your maximum potential by living a Low Density Lifestyle. The goal with this book is to help you become a more complete human being. We are meant to live a healthy life, a more fulfilled life, a conscious life, and a more awakened life - this is what it means to be a complete human being. And this is what is meant by living a Low Density Lifestyle: it is a model for living.

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