



The Center For Mind & Esteem Development  
**LOVENOW360, INTRO**  
**LET'S GET STARTED**



Build **MENTAL**  
**WELLNESS!**



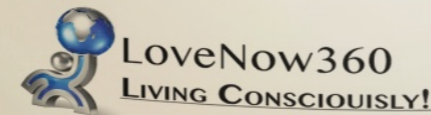
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Welcome  
to Real Change!



Stress Management

**Agenda**



**wellness**  
 BODY AND MIND HEALTH



Marvin Mack, Your Life Coach

**FOCUS** From A Holistic Perspective!



**MY Mind**    **MY Body**    **MY Spirit**



- A. Re Affirm Your Power To Create Your Intent.
- B. Decide Now, to seek the truth.
- C. Be Inspired by Powerful health and wellness Benefits You will Experience.

LoveNow360  
 Video Training

**RELAX**

DON'T STRESS OUT, BREATHE

13 Powerful Meditation Videos  
 Make A Commitment To 1 Daily Mediation  
 It Will Heal & Transform Your Life /  
 Challenge Yourself for 21 Days:  
 Then Evaluate Your Health, Relationships,  
 Advancement and Wealth! See Results for yourself!  
 lovenow360.net - Your Contract (Click)



THE CENTER FOR MIND & ESTEEM DEVELOPMENT

MARVIN MACK, LIFE COACH

**MASTER  
 MEDITATION**

#1 WAY TO TAP INTO YOUR HIGHER POWER

**SILENT**  
 Be Still & Know

WHO DO YOU DESIRE TO BE?  
 WHAT IS YOUR PURPOSE IN LIFE?  
 WHAT DO YOU SPECIFICALLY DESIRE TO CREATE IN YOUR LIFE?



**Daily  
 RENEWAL**



# I Surrender To My Higher Power

I Am The POWER OF LOVE! MEDITATION

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# Law of Pure Potentiality

- ☛ Your essential nature is pure consciousness.
- ☛ The infinite source of everything that exists.
- ☛ You are also infinitely creative & unbounded.



# Law of Giving & Receiving



- ☛ Giving & Receiving are different expressions.
- ☛ It's a universally approved law.
- ☛ You need to give and receive in order to maintain.

# Law of Karma Cause & Effect

- ☞ Giving & Receiving are different expressions.
- ☞ It's a universally approved law.
- ☞ You need to give and receive in order to maintain.



# Law of Intention And Desire



- ☛ Inherent in every intention and desire.
- ☛ Focus your energy on rightful desires.
- ☛ To achieve your goals, your intentions need to be pure.



# Law of Least Efforts

- ☞ You can easily fulfill daily routine tasks.
- ☞ Apply continuous effort to get your goals.
- ☞ Actions speak louder than words.



# Thank You

We Welcome Your Feedback.

Feel free to get in touch for any feedback or question

 @username

 @username

 @username

