



# The Freemind Experience: The Three Pillars of Absolute Happiness

By Tom Fortes Mayer



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*'This is the best emotional intelligence system I have ever come across.'* -- Dr. Bal Rana PhD, Psychologist and Senior psychology lecturer

**Discover how to be happy and at peace.** Create a connection to your purest state of peace and happiness. Imagine yourself living fully and freely in the moment, utterly fulfilled and feeling vibrantly alive. This is The FreeMind Experience.

Combining teachings from the world's ancient wisdom traditions with the most effective rapid-behaviour-change techniques, hypnotherapist Tom Fortes Mayer presents with clarity, passion and playfulness the three pillars upon which all lasting happiness and success can be built:

**Pillar 1: Peace** – how to let go of the limiting thoughts, beliefs, feelings and behaviours that are holding you back

**Pillar 2: Power** – how to unleash your enormous potential and flow through life with brilliance by learning to relate to life in new ways

**Pillar 3: Purpose** – how to enjoy everything that matters most in life by experiencing more connection, contribution and celebration

Imagine yourself living fully and freely in the moment, utterly fulfilled and feeling vibrantly alive. This is The FreeMind Experience. This book ignites the flame of possibility inside us all.

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## **Editorial Review**

### **Review**

"I find FreeMind really powerful and I recommend it for everyone, but in prisons and schools it could be an absolute revolution." --Mark Johnson, author of Wasted, adviser to ministry of Justice and Guardian Columnist

"This is an astonishingly powerful tool. I have seen patients with long term issues who had previously explored traditional therapies without much success be totally transformed by FreeMind" --Dr David Morris MBChB MRCP(UK) General Practitioner

"Over the years I have listened to hundreds of personal development recordings from across the whole industry. The FreeMind Recordings are the best that I have ever listened to and I do not say that lightly! The combination of powerful, inspirational psychology and incredible music is nothing short of genius!" -- Christopher Adams, NLP Master Practitioner & NLP Trainer

"This is the best emotional intelligence system I have ever come across. It really works for different types of people" --Dr. Bal Rana PhD, Psychologist and Senior psychology lecturer

"Before I met Tom, I was often despondent, frustrated and angry. I was well intentioned and knew my behaviour needed working on, but I was completely at a loss as to how to go about it. Then I asked Tom for help and since that moment, I have been forever grateful for his influence, kindness and wisdom. He built a safe space for me to explore my behaviour, supported me when the going got tough and helped me to find out why I was acting the way I was. He showed me how to empower myself and I learned to relish taking full responsibility for myself and how I interact with others around me.

"Prior to working with Tom, the world was often a cynical, brutal, shallow place. Afterwards, it feels like the sun has come out in my life; I can feel the warmth on my back, I stand tall and walk forward with confidence. I am happy to share my journey with my loved ones, friends and everyone else I meet along the way. And I am deeply at ease with who I am. If, like me, you are lucky enough to get the opportunity to work with Tom, you'll never look back." --Chris Randall, Business Coach

"I had been smoking for 27 years until the day I came to Tom. Since the age of 13, cigarettes had always seemed like my friend, a calming, comforting, meditative presence who was always there – and I hadn't ever really wanted to give them up! Tom changed all of that. His gentle, loving and incredibly compassionate introduction was to transform my entire understanding of how my addiction had been working for my entire adult life. Unlike other hypnotherapists, Tom articulates the argument so well that my conscious brain started to rethink the whole relationship with my beloved fags – and then when we went into the subconscious work, moving into trance, I was so powerfully moved by a blast of self-love and clarity that I realised an entirely new chapter was beginning then and there."

"Tom is truly an extraordinary magician of the mind, deftly weaving images, music and words into a profound experience that transformed my most stubborn of behaviours into new, fresh, healthy ways of seeing and being. Thanks to him, I have LOVED being smoke free for the first time in my entire adult life. Thank you from the bottom of my now much more healthy heart!" - Tiu De Haan, Celebrant & Co-Author of the Ripe and Ready Book series

"FreeMind, what more can I say about it, is just, well, there are not the words..... Imagine all the colours in the world, as bright as any could be, a big random set of smiles, the sound of good humoured belly laughter, some doves flying, some love hearts, the awesome smell of nature, a huge circle of smiling, laughing friends, a loving glance between two people that could write a book, some amazing food, the birds singing at dawn, the sun rising and then setting all at once, spring springing, waves lapping, the sound of chinking ice in a glass of spring water, the sunshine we all love, the sound of a tents zipping closed, the knowing hoot of an age old owl, the freedom call of power of a male deer in autumn, some happy wagging tails, lolling tongues (dogs not people), children laughing, the soundless sound of snow flakes falling, people singing, drums drumming, stars shooting, water tumbling from a waterfall, and a guitar sweetly echoing the emotion of it all. Well that's your work Tom. I thank you from every cell in my body. And I am sure one day, so will the universe." - Denise McLeod, dog trainer

"Working with Tom will definitely go down as one of the highlights of my year. His unique and I would say ground-breaking approach to success psychology didn't just teach me a great deal about myself but also opened my eyes to a whole new way to thinking about human behaviour in general. What started as a program to help me deal with the challenges of setting up my own business for the first time has turned into a completely new way of looking at life."

"Tom provides a straightforward, logical and very practical way of approaching self-development, without any of the wishy-washy psychobabble. His sessions are fun and very enjoyable – which is a reflection of his own very calm and very positive personality. Whereas this time last year I would have found certain work situations stressful I now find myself approaching these same situations with curiosity and even amusement."

"Best of all I can honestly say that Tom teaches you how to spend a greater proportion of your life with a smile on your face. And what could be more valuable than that? I would not just recommend Tom's services; I would strongly urge you to give them a go. Many thanks." - John Hillman, Online marketing consultant

"I attended one of your workshops recently, and it was an amazing experience. There was no pressure to perform, and no judgment made, the workshop just flowed and so did the energy in the room. I was very touched by the healing wonder that you extrude, and I learned so much in a space of just 3 hours, thus teaching me on how to heal myself, and you really opened up my eyes to just how powerful empathy can be in shifting one's perspective.

"I believe that if you truly desire something, there's nothing that can keep you from getting it ... and Tom will help you to be focused through life's challenges. I found him to be intuitive, intelligent, hugely compassionate, really superb at holding space, dynamic, and totally committed to helping and healing. He is the man that everybody needs to see, hear and feel." - Angie Montana, Custom Kitchen Designer

"Really enjoyed this book. Took me a few pages to get into it and I lost my way a few times but the writers honesty and passion for what he's writing about soon brought me back.

"His own experiences are incredibly heartwarming to read and I found myself wanting to know more and more as I read.

"The little questions that were asked of the reader every so often have produced some amazing "aha" moments over the past few days and whilst I haven't even gone through the exercises yet I already feel much clearer about the things that have been holding me back and how to move forward.

"It's like a lightbulb has gone on from reading this which is more than I hope for from any book of it's kind. Highly recommended! - Jensine Overaa

'I find FreeMind really powerful and I recommend it for everyone but **in prisons and schools it could be an absolute revolution**' -- **Mark Johnson**, *Guardian Columnist*, adviser to Ministry of Justice and author of *Wasted*.

**'This is an astonishingly powerful tool.** I have seen patients with long term issues who had previously explored traditional therapies without much success be totally transformed by FreeMind' -- **Dr David Morris** MBChB MRCP(UK) General Practitioner

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**'Tom is the man that changed my life.** After my experience of FreeMind I felt amazing, totally unstoppable. I really believe it could change the world.' -- **Myleene Klass**, Musician and broadcaster

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#### About the Author

Tom Fortes Mayer is a clinical hypnotherapist living and working in Highgate, North London. He is the creator of the FreeMind process which is a self-hypnosis system that enables people to do deep level healing on themselves. He is also the founder of the FreeMind Project non-profit, which is an organization dedicated to bringing emotional intelligence, success psychology and unconditional happiness to life for as many people as possible. He has spent the last 13 years researching and developing innovative therapeutic approaches that can be used in a variety of settings. His work has taken him into prisons to reduce re-offending, into corporations to increase effectiveness, into schools to increase engagement and even to Nigeria to combat corruption. The author lives in UK.

## Users Review

### From reader reviews:

#### Brandy Brobst:

The book The Freemind Experience: The Three Pillars of Absolute Happiness make you feel enjoy for your spare time. You can utilize to make your capable more increase. Book can to become your best friend when you getting tension or having big problem together with your subject. If you can make reading a book The Freemind Experience: The Three Pillars of Absolute Happiness being your habit, you can get more advantages, like add your capable, increase your knowledge about a number of or all subjects. You are able to know everything if you like available and read a publication The Freemind Experience: The Three Pillars of Absolute Happiness. Kinds of book are several. It means that, science e-book or encyclopedia or others. So , how do you think about this book?

**Carolyn Berndt:**

In this 21st centuries, people become competitive in every single way. By being competitive at this point, people have to do something to make all of them survive, being in the middle of often the crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated that for a while is reading. Yeah, by reading a e-book your ability to survive improve then having chance to stand up than other is high. For you personally who want to start reading a new book, we give you this specific The Freemind Experience: The Three Pillars of Absolute Happiness book as basic and daily reading reserve. Why, because this book is greater than just a book.

**Sarah Petty:**

Hey guys, do you wish to find a new book to learn? May be the book with the subject The Freemind Experience: The Three Pillars of Absolute Happiness suitable to you? Often the book was written by popular writer in this era. The particular book untitled The Freemind Experience: The Three Pillars of Absolute Happiness is the one of several books this everyone read now. This particular book was inspired a number of people in the world. When you read this book you will enter the new age that you ever know before. The author explained their strategy in the simple way, so all of people can easily to comprehend the core of this guide. This book will give you a lot of information about this world now. So that you can see the represented of the world on this book.

**Oscar Jackson:**

Reading can be called brain hangout, why? Because if you are reading a book especially book entitled The Freemind Experience: The Three Pillars of Absolute Happiness the mind will drift away through every dimension, wandering in most aspect that maybe unidentified for but surely can become your mind friends. Imaging every word written in a book then become one contact from conclusion and explanation in which maybe you never get prior to. The The Freemind Experience: The Three Pillars of Absolute Happiness giving you one more experience more than blown away your head but also giving you useful information for your better life in this particular era. So now let us teach you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

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