



PROLOG

△	ABOUT <i>my own way</i>	15-35
	HELLO! <i>time to change</i>	39-63
	DENKE <i>holistic thinking</i>	67-83
★	METHODE <i>fulfilled and successful</i>	85-101
▲	HOLISTIC LIFE BRANDING	103-111
▲	SELFNESS <i>Brand your Selfness</i>	113-131
▲	BUSINESS <i>Brand your Business</i>	133-149
▲	HAPPINESS <i>Holistic your Life</i>	151-167
♥	HOLI B <i>holistic life style</i>	169-173

EPILOG