



**BODY MIND & SPIRIT
KUNG FU**

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Dear Friend,

Re: FREE YOURSELF FROM YOUR FEARS FOREVER
Proven Effective for Millions of People Worldwide for Thousand of Years

Ask Yourself ‘Do You Control Your Fears or Do Your Fears Control You?’

Take a good honest look at yourself and your life, your past and your present, and ask yourself ‘what is the number one inhibition that is holding you back from achieving your goals?’

The truth is the root of most failure and underachievement is **FEAR**.

Let me ask you some questions:

- (1) Have you ever known you were right, but lacked the confidence to stand up for your beliefs?
- (2) Have you ever caved in to others even though you were certain they were wrong?
- (3) Have you ever set worthwhile goals, then did little to achieve them?
- (4) Have you ever struggled with confidence in your personal and professional relationships?
- (5) Have you ever been stressed, depressed, or overwhelmed with performance anxiety?
- (6) What would it be worth to you to liberate yourself from self-limiting fears and inhibitions forever?

Is Your Life Held Hostage by Your FEARS

Are your fears, doubts, and inhibitions holding you back from living your life to its fullest and being everything you could possibly be?

Just like millions of other ordinary people, it is likely that your life has been crippled by your fears... but do not despair! You can liberate yourself from your internal struggles just as millions of people have done worldwide, for thousands of years.

It is so obvious, yet so unknown, and one of the world’s best kept secret...

The Proven Path to Courage for Millions of People for Thousands of Years

It takes more than positive thinking, visualization exercises, self-talk, and relaxation techniques to truly triumph over fear and become a real winner in life: if it were that easy than everybody (including you) would have already done it and we would be living in a fear-free society. It has been over 50 years since the positive thinking movement began and half a decade later it has done little for its devotees.

In extreme contrast to this, there is ONE method for forging courage that has been around for multiple MILLENNIUMS and PROVEN effective for MILLIONS of people worldwide: MARTIAL ARTS!

Body Mind & Spirit Kung Fu is built on the sound premise that the only way to overcome your fears is to confront them and conquer them through real life experience. The confidence, courage, and conviction gained from learning to competently defend yourself is unequalled by any other activity.

Body Mind & Spirit Kung Fu has a solid, 20-year track record of satisfied students that successfully achieved their physical, mental, and spiritual growth goals, so why not try it today?

For Only a Limited Time: BMS Kung Fu is Offering Beginners an Unbeatable Deal

For a limited time we are offering you a fantastic Introduction to Kung Fu Class for beginners taught by our foremost Kung Fu Master Simon James at a price so low you have no reason to say no!

We are offering you this unbeatable deal because, after 20 years of teaching Kung Fu, we KNOW that once you experience all the great benefits and the life transformational power of martial arts training, that you will be hooked for life.

From the first day you don your uniform you will begin reaping the rewards of martial arts and each subsequent lesson will only deepen your appreciation. We know that all we have to do is get you to stop procrastinating and try it. After that, you will discover for yourself all the amazing reasons and astonishing rewards of martial arts.

For a limited time, we are offering you a 3 month (i.e. 12 week) course with our foremost Kung Fu Master Simon James for only £150. To learn about the outstandingly impressive qualifications and accomplishments of Master Simon James please visit our website www.bmskungfu.com.

Rarely do beginners have the chance to learn from the best, so spots in Master Simon James Introduction to Kung Fu Class will fill up fast, so don't delay, because space in his class is limited.

Make today the day you stop procrastinating and stop making endless excuses and postponements. Make today the day you take action and try Body Mind & Spirit Kung Fu. Make today the day you embark upon a whole new life.

Yours sincerely

Master Simon James
Chief Instructor
BMS Kung Fu

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