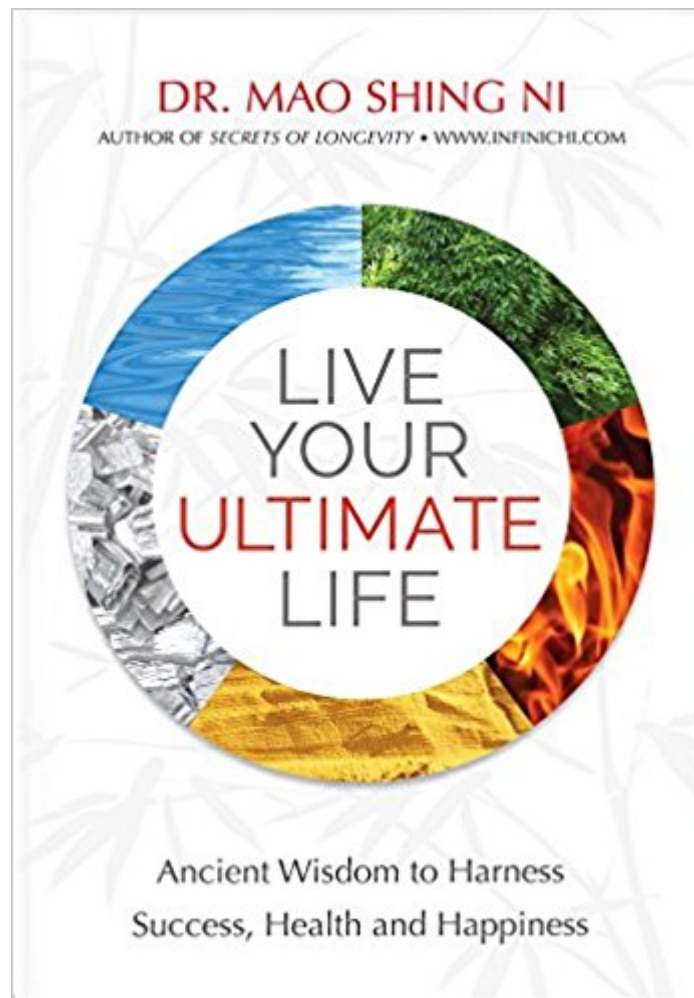




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# **Live Your Ultimate Life: Ancient Wisdom To Harness Success, Health And Happiness**



## Synopsis

Envision what you desire for yourself. How good would it feel to live your life purpose, enjoy optimum health and fulfilling relationships, wake-up energized every day, and go to work knowing that you feel passionate about your career? Your best life is awaiting with success, health, and happiness! Learn from the ancient wisdom of the I Ching as you begin a journey of self-discovery; delving into your inner being and personality to uncover your life's purpose. The I Ching or Book of Changes is one of the oldest oracles in the world that reveals the Laws of the Universe to provide a blueprint for you to co-create the life that you really want to live based on the Five Element Personalities. Whether you are an authoritative Wood, passionate Fire, nurturing Earth, methodical Metal, or wise Water, you can achieve a balanced life and happiness through various means. Learn about strengthening your physical health through element herbs, restoring peace within using meditation and invocations, improving relationships with harmonizing techniques, increasing your prosperity by leveraging your strengths and talents, and creating meaning in your life by finding and living your purpose, through reading *Live Your Ultimate Life*. Dr. Mao reveals how to cultivate the qualities of your Five Element Personality through simple steps and shares true-life examples that empower you to harness your own inner strengths to manifest your ultimate life.

## Book Information

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## Customer Reviews

Dr. Mao Shing Ni is a doctor of acupuncture and Chinese medicine, bestselling author, and life coach. He is the co-founder of Yo San University and the Tao of Wellness, the award winning center

for acupuncture and integrative medicine with offices in Southern California where he maintains a full time practice.

A great book

Dr. Mao Shing Ni's latest book is based on traditional Chinese 'five element' personality theory, and not coincidentally his father Taoist Master Hua Ching Ni wrote one of the definitive books on the Chinese Book of Changes, the I Ching. Dr. Mao, a well known and respected doctor of Chinese medicine has appeared on numerous television shows including several on The Dr. Oz Show, teaching self-help techniques for better health. Live Your Ultimate Life is an easy to read guide explaining the five traditional personalities; Wood, Fire, Earth, Metal, and Water and how to improve one's life; bettering physical, mind, financial, career and relationship health. While I tried to guess my personality type while reading the book, I discovered that Dr. Mao has an online 'five element quiz' that better narrows down my main personality type, which turned out to be "water." After taking the quiz I then went back to the book to read again those sections about my personality type and the study the advice given. Dr. Mao gives some additional advice on acupressure points and meditations for each personality type, as well as specific traditional Chinese herbal recommendations. I would have wished for perhaps the online personality quiz to be included in the book and a better organization of the book of the five element personality types to avoid searching through the book for each individual type and advice. Although the topic search was made easier by graphic symbols of wood, fire, earth, metal, and water on the edge of each page making finding the individual sections a bit easier. There was quite extensive career advice that may be useful for those in doubt about work choices. Recommended highly for those who might find traditional Chinese medicine and philosophy of life useful to one's life journey.

“All you need is the plan, the road map, and the courage to press on to your destination”  
 • Earl Nightingale. I would consider myself a highly goal oriented person. I set goals and strive to achieve them through hard work and dedication. But my paths are not always clear and my most important goals seem out of reach. Getting from where I am in life to my ultimate goal of owning my own furniture business seems almost impossible. After reading this book I feel like I can finally make sense of the obstacles that are standing in my way and plot a path to my success. While reading about the different elements I definitely can see parts of myself that fit into each of them. However I find that I identify mostly with the Earth element, with strong Fire

characteristics. As an Earth I tend to help others, which I love to do, but I often have trouble saying no. This leaves me with little time to focus on achieving my goals. I am hoping that with the teachings of this book I will be able to balance out my strong Earth tendencies and become a more complete and balanced individual. Live Your Ultimate Life is a guide to each of the five element personalities. Everyone has characteristics of each of the 5 but most people will strongly identify with one. Wood, Fire, Earth, Metal and Water are all explained well in this book. Dr. Mao goes into depth and gives advice on how each of the 5 elemental personalities can improve their life and become more balanced.

Two reads in, and I'm already looking forward to reading this book again. Reading this book was not only a pleasure, but just felt good. It was amazing to take the element quiz and be completely fascinated with how spot on it was, and to learn more about myself, what works best for my body, mind, and spirit. This is not your average "self help" book, it uses the knowledge and power of ancient Chinese wisdom to help you learn things you never knew about yourself. If you are looking for any guidance on how to enhance all aspects of your life, or even just add a little something extra special, Dr. Mao helps you find it in this beautiful read. Highly recommended.

Dr Mao's newest book is a simple, yet effective tool to determine how your specific Chinese element (water, fire, wood, earth or metal) affects how you interact with the world. Dr Mao provides simple ways to determine your element(s) and then gives specific, useful information to help you heal your body and mind in relation to your findings. From there, the book turns your attention onto personal goals and how best to achieve them regarding your specific element and challenges you might face moving forward. Overall, the book quickly helps you identify how Chinese elements play a role in your health, happiness and success in life and gives you tools to help you achieve these.

What a great book! In his latest book *Live your Ultimate Life* Dr. Mao writes about how we all can use ancient wisdom to harness success, health and happiness. Dr. Mao talks about the I Ching also known as the Book of Changes and how we all have a certain element type. He shows us how we can find our type and how this affects the major areas of our lives. In part three of the book, Dr. Mao explains, how we can implement strategies and solutions, according to our own element type. True happiness comes from a life well lived, and in his new book, Dr. Mao explains how we all can achieve exactly that. You can go to [...] and take the online

Five Element Quiz, to learn which element you are. And once you have the book, learn how to use this information and transform, accentuate and balance your life. I loved discovering my element and learning about ways to incorporate certain things in my life.

Dr. Mao gives the ultimate gift with this wonderful book that helps you to further understand your true self. Self awareness is a key to living a better, healthier, happier life. As he states..."we are all a work in progress"! I was truly enlightened by learning my element. The descriptions of how my nature manifests in the world resonated with me in a profound way, I am on a journey to live life fully and this book adds to that quest. READ IT!

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