

# BLUEPRINT

FOR SUCCESSFUL LIVING

## My Blueprint for Success

The Niall Quinn Interview

### Unlimited Living

Tony Quinn Seminar in The National Concert Hall



September 24th & 25th - Details Pages 2 & 3



### Breath of Life

A simple breathing exercise to boost energy levels and relax both your mind and body  
Page 11

### Gerson Approach



The pioneering work of Dr. Max Gerson in cancer treatment  
Page 9

### Careers



Exciting career opportunities in Health Culture and Holistic Medicine  
Pages 14 & 15

### Healthy Living



A 4-page pull-out on health foods and nutrition