



# Press the Fix Me Button: Improve Your Life Through Perception Modification

*Richard Richard Powell*

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**Press the Fix Me Button: Improve Your Life Through Perception Modification** Richard Richard Powell  
When I was kid I can remember numerous times being told that I needed to change my behavior or I would find myself in prison or possibly dead. The only challenge that I had was no one could provide me with guidance or the how to. At the age of 12 I learned self hypnosis from an audio tape and at the age of 16 I read my first psychology text book. I joined numerous churches and inquired into numerous religions. I search from one end of the United States to the other looking for answers but all I found were doctors and counselors that would tell me what was wrong with me but not one person could tell me how to change the direction of my life. I had been given a diagnosis of bipolar, ADD/ADHD, depression, anxiety, these were to name a few. Eventually, I turned to self medicating and before long I was told I was an addict. I gave up. Then one day I had an epiphany. What I had been looking for was right in front of me. I had been so focused on the negativity in my life I was overlooking the gifts that were being bestowed upon me. Now you have the opportunity to discover what I have discovered throughout my life long search for answers. As you open the pages and begin to read open your mind and your heart and enjoy the journey. I once was told that it isn't the destination that's important it's the journey we learn from.

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