



# The Art of Living

*Bob Proctor, Sandra Gallagher*

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*The Art of Living* presents transcripts from legendary business speaker and mentor Bob Proctor's most popular workshop—Matrixx—and brings this wisdom to a wider audience. With this book, readers will become a student of Bob Proctor's as he teaches lessons and presents jewels of wisdom on living an extraordinary life. Readers will marvel at Proctor's miraculous way of disseminating his decades of business wisdom into easy-to-understand parables and learn lessons on what our creative faculties are and how to use them, why we need to unlearn most of the false beliefs we've been indoctrinated with our whole lives, and how our intellects have the ability not only to put us ahead in life, but also to be our biggest detriment.

Among many other invaluable lessons contained herein, as a new student of Bob's, readers will learn:

- How to obtain *whatever* it is that's desired in life
- How to erase negative thought patterns and retrain the brain for success
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