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Joey Klein is the founder of the system of Conscious TransformationTM. He leads classes and retreats that focus on shifting core mental, emotional, and physical patterns to enrich daily life and deepen the connection to spirit. He is a threetime world martial arts champion and soughtafter speaker whose writings, teachings, and interviews have been published in 14 countries. He currently lives in Vail, Colorado. To learn more about Conscious TransformationTM.

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The Inner Matrix illuminates a proven approach to living a truly rich and meaningful life – one more deeply connected to spirit. Marrying the ancient wisdom traditions of East and West with the latest science in genetics, psychology, and brain function, Klein provides a cuttingedge system to transform your life by shifting deep mental, emotional, and physical patterns that create stress and limit your success. Those engaging Klein's Conscious TransformationTM practices routinely experience: reduced stress increased focus higher emotional intelligence improved health and wellbeing enhanced connection to spirit Included is a nineweek strategy guide to assimilate the practices of Conscious TransformationTM into your daily life. "Joey Klein has artfully bridged ancient traditions with burgeoning Western scientific and biomedical research. He shares powerful testimony and vivid examples of the benefits achieved through this intentional training." -Michael L. Weaver, Md, Emergency Medicine Physician "Applying the book's principles to my mind, emotions, and physical body, I have uncovered the profound spiritual connection I had secretly yearned for but been unable to reach. My entire experience of life has radically changed." -Diane Breneman, Jd, Nationally Recognized Trial Attorney

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This is a must read for anyone who is on the journey of improving their current lives.

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