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28 Jul, 2010 12:00 AM

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ALEKSANDRA Zaric's mind is magic.

Mrs Zaric, who has lived in the Liverpool area all her life, now lives in West Hoxton and has just had published a new book *Energy Intelligence: Personal Power Through Spiritual Awareness*.

The subject is the magic in our brains.

"It's so important that people understand how their mind works," Mrs Zaric said.

"Our brain is divided into two, the subconscious and conscious self. The subconscious side is our self-reasoning and beliefs. To make changes in our life, we have to get into our subconscious self and reprogram it."

But how do you tap into that part of your brain?

"Many will look outside to change a

situation they're in because they think

they can feel happier if they do," Mrs Zaric said.

"But you need to change within to make changes on the outside."

Mrs Zaric said her book was inspired by her own spiritual journey.

"I couldn't achieve my goals and other people around me seemed to be achieving theirs," she said.

She replaced with trust her fear of being a non-achiever and focused on what she wanted in life an ideal career, relationship and family and money.

She married in 2004 and now, with two children, is a full-time mother and author.

And she couldn't be happier.

"Your attitude and what you perceive in life determines your perception of everything," Mrs Zaric said.

"To change your reality you need to change your perception.

"You need to visualise yourself having attained what you want, having fulfilled that dream, because this is what motivates you."

Mrs Zaric said that another thing that had inspired her was a statement on a bookmark.

It was this: "Believe in the magic of your dreams."

Mrs Zaric, who moved to West Hoxton four years ago, is off on a national book tour this week, starting at local Angus & Robertson and Borders bookstores.

Details: www.aleksandrazaric.com

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New author: Aleksandra Zaric from West Hoxton has released her first book. **Picture:** Simon Bennett

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