

WAKE UP WITH THE **CONTROLLED EXIT STRATEGY**

*How To Leave The Rat Race And Live In
Peace And Harmony!*



By RJ Nuis

The Conscious Living E-Book that can help you live a truly free life.

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Introduction



Thank you for buying this e-book.

I'm pleased that you are taking a step towards changing your life and I am confident that you will find the information useful in one way or another. This book is the culmination of years of coaching and working with [Expats](#) and [\(digital\) Nomads](#) from around the world and my personal challenges and learned lessons.

Like I did several years ago, many people are now seeing the changes in our society and the world at large. Many of you are also waking up and realizing something needs to change. But, that change can only come from within ourselves. It is up to you to take charge of your own life again and make the positive changes in yourself you want to see in others.

[The process of waking up](#), listening to your inner self again, and acting upon that is not to be taken lightly. Too often we end up in dark periods in our lives and contemplate an ultimate and final exit. But this does not have to be your reality.

[Fear is our number 1](#) enemy and that is what the system preys on – for you to be in a constant state of fear so you won't follow your dreams, you won't be creative, and you won't start thinking for yourself. Fear is the silent killer, and you see and hear it everywhere, all day long, no matter where you are.

Reawakening to life is beautiful journey. Yes, it may be hard and takes a bit of work. But, as you awaken and leave your rat race to a better self, you will realize that the fears holding you captive can be overcome. When you overcome your fears and you get to the other end, you'll ask yourself "was that it"?

The purpose of this e-book is, therefore, to help you:

- Understand what the [rat race](#) and [matrix](#) are for each of us
- Learn why it's important that you exit the system as soon as possible
- Find out how to leave the rat race, leave the system or [unplug from the matrix](#) gracefully

This E-book will answer many questions and possibly raise quite a few more.

This E-book is for you to start thinking for yourself, to listen to your inner guide and start doing the things that make you feel good.

This E-book is for you to become free – to be the unique and wonderful person you are meant to be and to use your gifts to make this world a better place.

