



The Easiest Way to Live: Let Go of the Past, Live in the Present and Change Your Life Forever

By Mabel Katz

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Who's Causing the Difficulties in Your Life?

The short answer to that question is, You are! And it may surprise you to realize that this is really good news.

Why is it good news? Because the reason you are constantly creating difficulties for yourself is that you don't know how you are doing it or why. Now you can not only understand the cause of your problems, you can know what to do to stop creating them. The best part is, it's easy!

In The Easiest Way to Live, you will find the keys to becoming your true self, being in harmony with life and pure in heart, which is a state of essential clarity. You will discover that most of the challenges you face are caused by past patterns and memories that keep replaying in your subconscious and block you from being who you really are. You will find that no problems exist outside of you, and since they are inside of you, you have the ability to take 100% responsibility for them and neutralize them.

These truths and techniques are ancient secrets of Ho'oponopono. They are as relevant and applicable today as they were centuries ago. Knowing and applying them is, truly, the easiest way to live a joyful, abundant, and eminently fulfilling life.

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Editorial Review

Review

Every chapter is a spotlight. Mabel has taken the essence of Ho' oponopono and explains in plain and simple words how to find an easier way to live. She takes you by the hand and shows you the way to live at peace no matter what's going on in your life. I am sure this book will help thousands of people to better cope with their lives issues. Applying Ho' ponopono to my life has been a blessing. Taking 100% responsibility for the memories in my subconscious mind, that I experience as problems, has set me free! Thank you Mabel for The Easiest Way to Live! Thank you for your love and commitment to helping people all over the world. I love you! I recommend this book without hesitation. --- Mara, Sao Paulo, Brazil

Thank you. Thank you. Thank you, Mabel for allowing your Self to be a vehicle for bringing bring these two beautiful and inspiring new books to the world - The Easiest Way to Live and The Easiest Way to Grow. For me, one word describes both books - Perfect! Pure inspiration, not an extra word nor an unnecessary word. Although, I recommend reading both of these books over and over and taking notes as inspired, I also love to just open them at random and see what jumps off the page at me. Whether I am feeling good or not so good, it's always perfect, just what I needed. And I am uplifted. These are definitely books I will keep close at hand wherever I am and wherever I go. I highly recommend The Easiest Way to Live.. Thank you Mabel for these two very special gifts to us and the world. Peace and Love, - --Jimmy Piver

In THE EASIEST WAY TO LIVE, Mabel (Kikiko'ele) shares insights on 'the easiest way to live.' I got the following from her book: Our only purpose for existence is to restore our original state of 'purity of heart' by freeing ourselves from memories replaying problems from the past in our subconscious mind. 'Love your enemies,' a great sage said more than two thousand years ago. Our enemies are our memories replaying fear, anger, resentment, hate, attachments and judgment from the past. We can take 100 percent responsibility for them by applying easy to use ancient Ho'oponopono problem solving processes such as 'I love you' and 'Thank you.' I highly recommend THE EASIEST WAY TO LIVE by Mabel Katz --Dr. Ihaleakala Hew Len --Dr. Ihaleakala Hew Len

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About the Author

Mabel Katz, EA, ABA

Mabel Katz instills inspiration that will last a lifetime. With her inspirational approach, Mabel gives people the tools they need to change their lives and create lasting results. Her approach goes to people's core, their soul. Many have said she's changed their lives forever.

Born in Argentina, Mabel moved to Los Angeles in 1983 where she became a successful accountant, tax advisor, and Enrolled Agent. In 1997 Mabel started her own company, Your Business, Inc., a step that not only enhanced her own success but also increased her ability to work more directly with others. Her

company had prospered by helping new and established businesses expand and grow.

Through an ancient Hawaiian philosophy, Mabel is traveling the world teaching the art of Ho oponopono. For twelve years she studied intensively with the master Ihaleakalā Hew Len, Ph.D. Mabel is now considered a foremost authority on the art of Ho oponopono. Its premise is simple, let go and let God. Who knows better than God what is right and perfect for us?

Mabel's first platform was her book *The Easiest Way*. She quickly moved to hosting her own radio and television programs. She currently enjoys success as a keynote speaker and seminar leader in great demand throughout the world.

With her unmistakable style and grace, she transcends many languages. Her books have been translated and published into English, Spanish, Korean, Portuguese, Swedish, German, French, Russian, Chinese, Hebrew and Romanian. She has authored or co-authored six books, *The Easiest Way*, *Inspiration to Realization*, *Thank God I*, *The Easiest Way to Understanding Ho oponopono*, *The Easiest Way to Live*, and *The Easiest Way to Grow*. She is in the midst of writing *Zero Frequency*, this book focuses on what you need to let go of in order to reach Zero. Zero Frequency is when you are an open channel to the goodness of God's universe, the ultimate state of being.

As a result of her personal accomplishments and her generosity of spirit, Mabel has received acclaim on the local, national and now international levels.

Life is an inside job and it is much easier if we let it go and get out of our own way! ---Mabel Katz

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