



# PSYCHOZOIC ERA GUIDE

Your 10-step guide to leading a healthier,  
happier, and more enlightened path



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For thousands of years people have used terms like the Age of Christ which demonstrate a different reality than we know today. It's a term that allows us to put ourselves and try to understand what happened during that time. Times have changed and we are entering a new perspective, a new age. A certain part of the population associates itself more with spirituality which leads to the dematerialization of their way of life. Let Adam Fata introduce you to the Psychozoic Era, the era of mind.

The Psychozoic Era is really connected with energies. Positive and negative, they affect a lot of our behavior. These energies push us to dominate our evolution in order to achieve harmony: happiness. All of these energies and emotions that live inside our body can be controlled only by you. You can take control of your life by directing these energies.

The Psychozoic Era is what will bring you prosperity, peace of mind and happiness in your life. Adam Fata can guide you through the process of building your own reality as he did it for himself.



By adopting the Psychozoic Era he changed his lifestyle changed, habits, as well as his attitude. It's a simple open-minded concept that allows us to put aside the toxic environment that takes over us and our entire life.

In short, the Psychozoic Era is a lot of work on ourselves to be happy with what surrounds us, regardless of the energy of the events. It's a mindset that allows you to connect with yourself and create something new. This new way of thinking helps you to let go of your illusions and to evolve by overcoming challenges. Every thought has its energy and how we respond to it determines whether we will have success, failure, or defeat – everything is up to you.

If you wake up tired every morning and are looking for a new path to lead your lifestyle this guide is for you. We all want a happy and a healthier life. But what are we doing to have one? You don't need luxury cars or big homes to be happy. Happiness came from within you. Let's take a deep dive to how to have a healthier, happier and more enlightened life in 10 steps.



**Your 10-step guide to leading a healthier, happier, and more enlightened path**

## CONTROL

1 Take control of your life. Before taking any decision, think what will be its effect in your life. Be disciplined about your 'me' time. Learn how to say 'no'. Embrace what your life is trying to teach you. Identify internal vs. external motivations

## LIVE IN PRESENT

2 Don't think of the future and don't let your past drag you down. If your present is good, your future will be good too. Appreciate where you are, what you're doing, and the people around you. Try to savour each moment as it passes. You can achieve so much in life by just focusing in present.



## LOOK FOR SOLUTIONS

We all have problems in our life. How we deal with them describe us. Focus on the solutions. Have a problem-solving mindset. This will help you look at things from a different perspective.

## THERAPY

You will be happier if you know how to cope with obstacles. If you hit the rock bottom and don't know what to do. Consider going to a therapist. Therapy helps you to cope with the stress and obstacles of life.

## BODY NOURISHMENT

Your body is your temple. Mental and physical health are connected. You need to take care of physical and mental help to have a healthier and happy life. Built habits that lead to a healthy lifestyle. Don't be shy to see a professional if you have any health problem.



## ACCEPT IMPERFECTION

Everyone wants to be perfect. We try our best to be a perfect version of yourself. But we need to accept imperfections to be happy. Accept that there's beauty in everything and embrace it.

## BE YOURSELF

Don't try to live someone else life. You are unique and special. Spend time doing the activities that makes you happy. It's no rocket science but by doing the things you love you will be happy.

## BE GRATEFUL

Acknowledge all the things you have in your life. Be grateful. When you are grateful for the things you have. You will be more content and happier. When you acknowledge all the good things in your life, you will realize that there is so much to be grateful for.



## STOP WORRYING

When you worry nonstop about something, it leads to anxiety and depression. Worries are the virus that don't let you live to the fullest. You can't experience life when you worry too much.

## SMILE

Don't you feel good when you smile? Back your smile with all the positive thoughts you have. It doesn't cost anything to smile and guess what? There's no tax on it. Smiling helps to reduce the stress. So smile.

### **For more information:**

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