

New Guide Teaches Mind Mastery - The Key to Freedom, Confidence, and Success, Says Author Robert G. Ellis

A practical guide to mind mastery, teaching readers to think clearly, resist manipulation, and succeed in all areas of life

FUJISAWA-SHI, KANAGAWA KEN, JAPAN, August 12, 2025 /EINPresswire.com/ -- In a world overwhelmed by stress, manipulation, and emotional burnout, a groundbreaking new self-help book delivers the missing skill most people were never taught: mind mastery. The Human User Manual: Unlock Your Potential, Master Your Mind, and Transform Your Life by Robert G. Ellis is more than just a book — it's a complete personal development system for training people to think clearly, resist manipulation, and achieve success in all areas of life.

“

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Available globally through IngramSpark distribution, The Human User Manual can be ordered by bookstores, libraries, and retailers worldwide. Readers can also

purchase directly from [Amazon](#), [Barnes & Noble](#), and [Apple Books](#).

“Most people are living in a prison they can't see — shaped by media, culture, governments, fear, and subtle programming,” Ellis explains. “A thinking mind cannot be manipulated, but an emotionally reactive one can. This book is a step-by-step guide to break free, build confidence, and create real, lasting results.”

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Ellis, a Guyana-born author who grew up in New York City and now lives in Japan, blends real-world wisdom with practical tools for self-mastery, emotional intelligence, stress management, and accelerated personal growth. His companion coaching program, Path of the Warrior Spirit, offers one-on-one support for people committed to mastering their minds and achieving lasting success.

□ Readers Learn How to:

- Reclaim control from mental and emotional manipulation
- Break through limiting beliefs and negative self-talk
- Master their minds and emotions to overcome stress and succeed in all areas of life
- Create a life of purpose, clarity, and personal power

□ A Business Opportunity with Purpose

Ellis has also launched an affiliate marketing program for coaches, influencers, and motivated individuals who want to earn commissions while promoting transformational self-help tools. It's free to join, includes ready-to-use promo materials, and pays lifetime commissions.

Learn more:

□ Book & Coaching:

<https://www.yourhumanmanual.com>

□ Affiliate Program:

<https://www.yourhumanmanual.com/affiliates>

About the Author:

Robert G. Ellis is an author, entrepreneur, and personal development coach committed to helping people reclaim their mental and emotional freedom. His work combines modern psychology, ancient wisdom, and hard-earned life experience into a powerful, actionable framework for life transformation.

ROBERT ELLIS

Robert Ellis

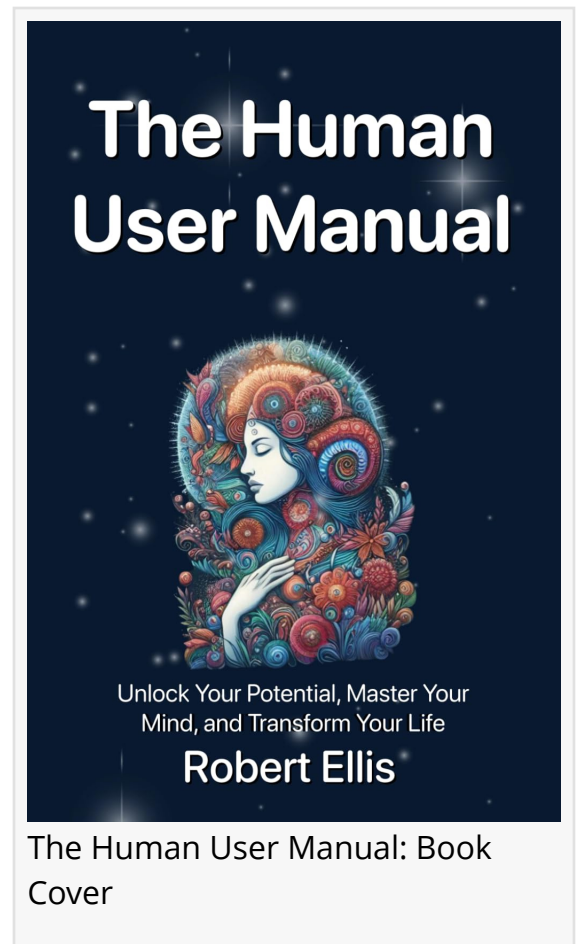
robert@yourhumanmanual.com

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