

CM CLEAR MIND

A clear mind is **efficient at collecting and integrating information**. Additionally, it facilitates responses which, although **fully informed by our thoughts, feelings, and instincts, are not coerced by them**. Participants will **gain cutting-edge information and fresh technologies** enabling them to **easily implement the new knowledge** to handle our complex world that is getting more difficult to navigate. Participants will leave as **masters of their mind**, no longer derailed by anxieties, fears, or toxic thoughts.

HERE IS A SAMPLE OF THE TOPICS WE WILL COVER



- How to **never get trapped** by dysfunctional emotions again.
- How to **maintain cognitive functions** late into life.
- Why mind altering substances are incompatible with a "clear mind."
- Simple **nutritional insights** that enhance mental functioning.
- How to **process our emotions** in an efficient, lasting, and compassionate manner.

- How to **notice our thoughts** as opposed to believing them.
- Understand the **multiple facets of the mind**.
- Learn the full capacity of the human mind.
- How to **become an observer** of your thoughts and emotions.
- The truth behind **manifesting** - Does it deserve all the attention its getting?
- How to be prepared to **capitalize on future opportunities** well in advance.
- How to place yourself firmly **in the driver seat of your life**.
- Discover your natural **emotional regulation style**.



- Become a master of **accepting current circumstances**.
- Learn to quickly **identify your blocks**, not imagined ones.
- How to more **effectively select** a teachers, books, podcasts and stop wasting time and money.
- What it means to **"get out of our own way."**
- What are your most **profound beliefs** invisibly either cursing or blessing your life.
- Learn simple techniques you can use of your friends and family and vice versa to neutralize stress and **supercharge performance**.
- Receive **healing tools** developed to aid quickly to change from a negative to a positive state.

- How to **draw energy** to you and deploy it effectively.
- Learn the difference between **power** and force.
- How to choose into **successful projects**.
- Learn **why incompletions drain** your resources and are to be avoided like the plague.
- How to **wield the power of words** to your advantage.
- Learn how to **remove the tension** between you and any other individual



Dr. Kevin S. Millet - having been disabled by the age of 12 Dr. Millet found insight in a simple book on the hazards of sugar overconsumption and has been a voracious reader, researcher, and medical practitioner for over 40 years. He has raised six children and is about to expect his 6th grandchild. He was

raised in an entrepreneurial family, started his first company at the age of 16, practiced medicine full time for nearly 3 decades, and currently owns and operates an international health and medical technology company known as **Total Body Modification (TBM)**. His medical expertise lies on laying out drug and surgery-free solutions for just about any medical condition known to man. Furthermore, he has been a student of psychology for most of his life and is today considered an expert on health, business development, and in forming lasting bonds between friends, family, and romantic partnerships.



Joy Napatra Charassuvichakanich

spent a decade at Google, concluding her tenure as Head of Mid-Market Ad Sales for Google Thailand. In 2024, she combined her corporate experience at Google – a global leader in talent development – with her expertise in self-understanding modalities to found **Finding Joy**. Her practice helps individuals live more fully by deepening their self-awareness. For organizations, she drives performance by tackling challenges at their roots and boosting psychological safety so employees can be their best selves. Joy is a Certified Professional Co-Active Coach with over 700 hours of experience. She is a practitioner of the "listen to your body" ethos—a transformation she has personally experienced through TBM care since 2019. Joy is a cross-culturally fluent leader, having worked and studied across Southeast Asia, China, South Africa, Australia, and the United States.

GET EARLY BIRD PRICING

Sound Body & the discounted package of 3 closes **28 May 2026**.
Clear Mind closes **27 August 2026**.
Open Heart closes **7 December 2026**.

DATES

SOUND BODY Khao Yai - Mountain

25-29 July (Sat-Wed/4 nights) 50,000THB/\$1,540USD

CLEAR MIND Khao Yai - Mountain

22-25 October (Thu-Sun/3 nights) 40,000THB/\$1,230USD

OPEN HEART Pranburi - Beach

19-22 February (Fri-Mon/3 nights) 40,000THB/\$1,230USD

REGISTER EARLY & SAVE.

3,100THB/\$95USD savings on each retreat

REGISTER FOR ALL 3 & SAVE EVEN MORE!

earlybird 111,250THB/\$3,411USD before 28 May (save 8,750THB/\$277USD).

standard 120,000THB/\$3,900USD on or after 20 March.

LOCATIONS

KHAO YAI (Mountain)

MiraSierra Khao Yai 575 Moo.1, Nong Nam Daeng, Thailand

PRANBURI (Beach)

Hua Plee Lazy Beach Hotel 163 Moo4

Tambol Parknam Pran Pranburi, Hua Hin, Thailand



**REGISTER NOW AT
WWW.LIVETBM.COM**

**SPACE IS EXTREMELY LIMITED.
REGISTER PROMPTLY TO RESERVE YOUR SPOT.**

Convenient Thailand Retreats link at the top of the webpage.



For Thai bank transfer select "Check Payment" during checkout and you will be emailed instructions.



**Finding
Joy**

www.livetbm.com

www.finding-joy.net