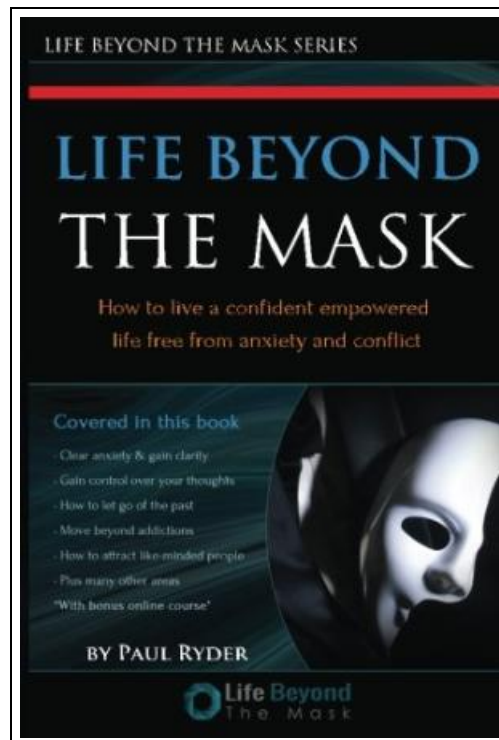


Life Beyond the Mask: How to Live a Confident Empowered Life Free from Anxiety and Conflict (Paperback)



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Reviews

Comprehensive guideline! Its this sort of good read. It is actually written in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.



(Mabelle Wuckert)

LIFE BEYOND THE MASK: HOW TO LIVE A CONFIDENT EMPOWERED LIFE FREE FROM ANXIETY AND CONFLICT (PAPERBACK)



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Life Performance Strategies, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Life Beyond The Mask is a powerful lifestyle coaching programme designed through 20 years of the authors research after experiencing many years of low self esteem and broken confidence turning it round to become a succesful author, public speak and emotional intelligence coach. As we all know.life should be abundant! We were not born to constantly struggle with lifestyle or conflicting emotions, nor were we created to continually analyse everything we do in a continual loop of observing life rather than living it! Although it is true that life should (and can) be abundant, it is also a fact that many people are not living their life in an abundant state! When you take the Life Beyond The Mask journey you will discover how and why a person can learn limiting belief patterns from others around them and then start taking actions which they may feel are moving them forward but can often hold them back in life. Why is it that sometimes even though some people give everything they have to improve their life by focusing on their aims and dreams. in many cases their input doesn t always bring the results they desire? Well, the truth that needs to be realised is that there is something much deeper within the mind than many of us have ever been taught. This deeper concern is a loop programme which goes much deeper than social anxiety, low self-esteem or low confidence, and for millions of people who set goals to try to overpower this loop programme, the result is that eventually their motivation or focus wears thin and the old habits return! So should they just double our efforts? Think even more positively? Stand...

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