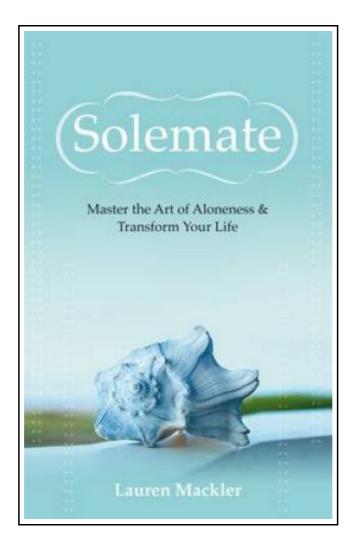
Solemate



Filesize: 6.95 MB

Reviews

Thorough manual for publication fanatics. It is actually rally intriguing through reading through period of time. Its been written in an remarkably simple way and is particularly only after i finished reading through this book in which actually transformed me, change the way i think. (Morris Schultz)

SOLEMATE



Paperback. Book Condition: New. Not Signed; In Solemate, Lauren Mackler provides a groundbreaking road map to help people achieve mastery of their lives. Drawing from her own experiences; those of her clients; and the fields of psychology, physiology, sociology, holistic healing, and strategic business practices, Mackler provides the practical information, tools, and exercises to show you how to be independent and stand on your own two feet. Mastering the art of aloneness is about becoming the person you were meant to be, treating yourself well, and shedding the old beliefs and behaviors that limit your ability to live a healthy, happy, secure, and satisfying life. Quizzes and guided journal writing help you identify the core limiting beliefs and fears that keep you from being whole and happy with yourself. Mackler teaches you to overcome these beliefs through deliberate living exercises that help align your actions with your desired results. She then helps you liberate your authentic self, so you know exactly who you are. Finally, she leads you through the process of creating a life vision to help you achieve any goal you set for yourself. Solemate is not about being alone: it is about developing the self-awareness, life skills, and emotional intelligence needed to live a full, happy, successful, and financially secure life. book.



Read Solemate Online
Download PDF Solemate

Other PDFs



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any...

Save Document »



First Fairy Tales

Board book. Book Condition: New. Not Signed; This is a traditional story that is retold in rhyme in this chunky padded boardbook. When a couple of tailors offer to make a suit from material so...

Save Document »



The Princess and the Frog - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; A kind frog helps a princess and she makes him a promise. What happens when the king tells her that she has keep her promise? Read it yourself with...

Save Document »



NIV Soul Survivor New Testament in One Year

Paperback. Book Condition: New. Not Signed; 'The whole Bible, in just one year? You've got to be kidding.' Don't panic! How about just the New Testament to start off with? Take thousands of young people...

Save Document »



New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond

Paperback. Book Condition: New. Not Signed; This is Book 2 of CGP's SAT Buster 10-Minute Tests for KS2 Grammar, Punctuation & Spelling - it's a brilliant way to introduce English SATS preparation in bite-sized chunks....

Save Document »