

## The 4 Step Plan: The Recovering Know-It-All s Guide to Recovery (Paperback)



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*(Jeanette Kreiger)*

## THE 4 STEP PLAN: THE RECOVERING KNOW-IT-ALL S GUIDE TO RECOVERY (PAPERBACK)



Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You probably already know what this book is about. You ve written these pages in your mind a thousand times. Just before someone mentioned this book title you probably said, I know that or I knew that. Which is what prompted them to say, I know what I m getting you for your birthday, or for Christmas. Know-it-all much? Now before you go ordering a dozen copies for managers at the office, your boss, your spouse, your teenagers, that crazy uncle or grandfather, mom or dad. consider this. we all have a lil bit of know-it-all-ism to reckon with. Granted, for some it s insidious and it governs every aspect of our lives. Yes, my hand is raised. However, if you re stuck on stupid over certain areas of your life where you find yourself repeating, I know I know. . followed by the specific dysfunction you d like to end. Then this book is for you too. The know-it-all in your life, or in your head, wouldn t commit to a 12-Step program, so I ve narrowed it down to The 4-Step Plan that has allowed me to consistently make lasting changes and improvements in my life for over 20 years. Looking to improve in the following areas: relationships, promotion at work, raising children, starting a business, losing weight, finishing what you started, procrastinating, perfectionism, finding your purpose, letting go of what s making you stop, forgiving the past, apologizing, accepting others, and a myriad of other areas where you know you absolutely don t know what to do next. then this book will help you hit the pause button on the dysfunction and activate new pathways for success. It s...



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