



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

By Paul Ryder

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...



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Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

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