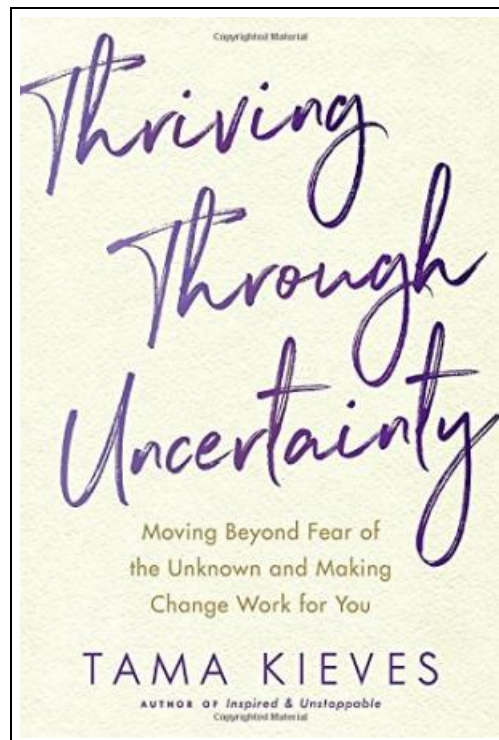


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Penguin Putnam Inc, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Tama Kieves--inspirational coach, career transition expert and author of *Inspired Unstoppable*--guides you through life's uncertain times, helping you discover the blessings within difficulties. Tama Kieves knows a thing or two about dramatic changes. After graduating from Harvard Law School with honors, Tama left an unfulfilling life at a prestigious corporate law firm to pursue her passion and make a name for herself as a writer and inspirational speaker. Now, she dedicates her time to helping people face their fears, tackle uncertainty, and shift their mindset to achieve the extraordinary in their own lives. This book isn't just about getting through life changes, it'll teach you to use that change and uncertainty as a launching pad for joy. *Thriving Through Uncertainty* proves that the moment your plans fall apart is precisely when your true destiny begins. With Tama's guidance, you can take hold of the blessings and opportunities hidden within uncertain transitional periods and begin to move forward. Weaving together practical exercises and techniques along with anecdotes from Tama's own experiences, you'll master key lessons like: -How to control your mindset and mood to stay focused and happy -Having faith in yourself and your journey -Allowing yourself to feel pain and discomfort -Continuing to thrive through future obstacles, and much more. Packed with heartfelt and dynamic guidance, this supportive, inspiring book will make you feel as if you've attended several sessions with Tama herself.

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