

REDEFINE YOURSELF: THE SIMPLE GUIDE TO HAPPINESS (PAPERBACK)



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Ainsley Press, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Redefine Yourself combines a guided introspection with simple strategies to overcome the obstacles that plague your life. You will face the emotional and mental roots of your unhappiness and understand why you can't reach your goals, hate your job, can't reach your best physical, emotional, and mental self, live an unhappy and unfulfilled life, and find yourself in the same destructive position repeatedly. Redefine Yourself helps you understand yourself and integrate adaptive strategies to listen to your inner voice, face your fears, extinguish your insecurities, regain control over your life, approach new problems with confidence, define your purpose, and more. Finally, you will reshape your life and achieve the happiness you desire! Don't be a bystander in your life. Take control and live the way you want.



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