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The Magic Of Self Respect Awakening To Your Own A

Offers advice on setting goals,
establishing priorities, overcoming

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doubts, and enhancing one's prestige, and shows examples of successful business people, athletes, and entertainers

Discovering the answer to life's greatest quest is a daunting task, leading some to stumble and lose their way. However, venturing forth to learn who you truly

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are, and what your ultimate purpose is, can be liberating, offering peace and fulfillment. Is there a chosen path, meant only for you to walk...and are you on it? Coming to a full realization of who you are in the grand scheme of things, and recognizing your true potential, is at the heart of Embracing Your Identity and

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Living Your Purpose. Struggling to know the person who stares back at you from a mirror of uncertainty and doubt does not need to be your future. Rise up and accept the challenge to be all that you can be. Pull off the shackles that would bind you to an existence, void of meaning, and fill your life with direction,

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purpose and significant achievements. This book is designed to build self-confidence by helping you see the potential within your own soul, empowering readers to address their core identity, inner purpose and the deep meaning of life. Embrace, and come to love the unique individual you are and

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what you have to share with the world. Life is too short to waste another minute...buy this book and begin the journey of discovery today.

Develop Self Discipline and Will Power Today! Do you have a hard time following through your promises? Do you have a hard time finishing what you

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have started? Do you make excuses frequently? Are you having difficulty dropping a bad habit like smoking or binge eating? Do you spend more than what you're earning each month? If you answered yes to most of these questions, then you most likely lack self-discipline. There are many essential characteristics

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that lead to a person's success, happiness, and self-actualization, but self-discipline is the only quality that guarantees continuing and long-standing success in different facets of life. Self-discipline is crucial in achieving different life goals, whether it is to lose weight, improve your work output, or enhance your financial

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literacy. Self-discipline allows you to sacrifice instant pleasure for long term success. Self-discipline or self-control drives you to: Work on a business idea even when your enthusiasm is already dwindling Go to the gym even when you do not feel like it Say "no" to fatty foods Wake up early even if all you want to do

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is lie on your bed all day Limit your Facebook time in order to work on something important Self-discipline is rewarding, but it is also challenging. As human beings, we are conditioned to seek instant pleasure. We are conditioned to do what's easy, fun, and convenient. When you practice self-discipline, you

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are going against your human nature and that's the reason why it's difficult. This book Self Discipline Mastery contains easy-to-follow techniques and strategies that will help you exercise self-discipline. This book contains easy-to-follow steps that will help you achieve everything that you

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desire - your ideal weight, dream job, and stable financial situation. This book contains strategies, apps, 133 affirmations, and 33 habits that can help strengthen your willpower and self-discipline. Developing willpower and self-discipline is not easy, but it can make a huge difference in your life. It allows you

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to control unnecessary impulses and it gives you strength to say "no" to activities that will only distract you from achieving your goals. It gives you the determination to pursue your goals even when the odds are against you. Here is a quick preview of what is inside....

Benefits of Self- Discipline

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Characteristics of Self-Disciplined
Achievers The Science of Self -Discipline
Set Clear Goals Just Do It Mastering the
Ultimate Self-Discipline Strategies
Motivate Yourself Daily Choices That
Help Strengthen Your Willpower and
Self-discipline And much more!
Purchase your copy today NOW and lets

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get started on your self-discipline mastery today!

Have you ever been depressed? Have you ever felt unloved, frightened, alone? All of us have suffered such feelings at times. But we all have the power to change our lives by changing our attitudes. The techniques for self discovery and self

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affirmation that you find in these pages will help you every day of your life. You will discover how to free yourself from the great cripplers; guilt, remorse, resentment. You will be taught how to be tranquil in these anxious times. You will learn how to set goals for yourself and accomplish them. You will learn how to

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find your best qualities, how to use your talents to become a winner.

First Comes Self-Love, Then Comes Marriage

How to Radiate Confidence, Attract Others, and Demand Re

The Magic of Self-Respect

Self-Esteem for Everyone in Circle Time

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Cognitive Behavioral Therapy +
Motivation

Overcoming Your Strongholds

The Six Pillars of Self-esteem

Inside the pages of "Emotional
Elegance," you will clear directions
and pathways to the making of

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meaning-to help you get back on track and stay on track. It is a creative playground that will help you fill in the gap between where your life is now and where you dearly want it to be. The author has divided the book into meaningful "sections"

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that you will recognize as important parts of your own life. Self-Respect, Relationships, Sex and Money are all critical to our emotional well-being and feeling of success. He presents you with new ways of looking at yourself and the people in your life.

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You will never be able to go back your normal, hardened viewpoints again. Other sections, such as Enemies, Guts, Clutter, Reverence and Ferocity will surprise and move you and get you thinking new thoughts and constructing new

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Do you struggle to hold eye contact?
Does it make you feel unconfident,
uncomfortable, and self-conscious?
Or do you just want to appear more
charismatic and confident? Then
Superhuman Eye Contact has the

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insightful tips and innovative exercises you need to become an eye contact expert - overnight. If you are bad at eye contact, people will assume that you are creepy or untrustworthy. If you are merely average at eye contact, you won't be

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negative, yet you won't be memorable either. But if you are SUPERHUMAN at eye contact, you will instantly make an impression and have people clamoring for your attention. All this because of eye contact? Absolutely. If the amount of

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eye-related phrases in our vocabulary is any indication, (the eyes are the window to the soul...) yes! Eyes are what people use as a guide to your overall character. Mastering eye contact is essential to becoming the person you've always

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wanted to be. What tips and exercises from years of coaching eye contact will you learn? * The #1 obstacle to strong eye contact and the two best ways to crush it. * Exactly how and when to break eye contact gracefully. * How to alter your

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eye contact for meaningful flirting.*
What your eyes should never be
doing, though you probably do it
daily.* How the direction someone
looks in can determine their
truthfulness.* How to adjust your eye
contact according to emotional and

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physical space. Real, actionable advice that can actually affect your life. How will your daily life improve? * You will project an image of confidence and poise. * You will force others to respect you and your presence. * You will become more

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captivating without having to say a word.* Your charisma quotient will skyrocket.* Interactions with the opposite sex will improve tenfold, guaranteed.* Most importantly you will feel comfortable making eye contact with anyone, stranger or

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friend... and use it to make them comfortable with you. Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

A children's book series of short stories that feature animals, birds,

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and insects to communicate messages of direction, hope, health & wellness, safety and character building This children's book series was inspired by a recently published book: The Talking Birds, by the same author and photographer of

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this book. This children's book #1 is part of a series of twelve children's books that have been produced to communicate messages of direction, hope, safety and character building. These books feature a variety of candid photographs of wildlife

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animals, birds, and insects in different natural settings. These photos were photo-captured by International Nature Photographer, Mr. Youli Xia, a native of Beijing, China. Each photograph highlights a distinctive expression. Using the

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imagination, the expressions conveyed in the photos will set the stage for long talks with the animals, birds, and insects. This book series interactively shares twelve short, simple, easy-to-read, and easy-to-understand stories. These stories

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are designed to capture the interest and attention of young children from the ages of 4-9. They will be fascinated by the vibrant colors and the dramatic candid facial or body expressions of the subjects in the photographs. The intended

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educational value for this book series and the other future books is to offer effective tools for character building. These stories are sure to include the mention and discussion of core values like respect, responsibility, self-esteem,

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compassion, making good choices, health and wellness, love, manners, friendships/relationships patience, accountability, leadership, trustworthiness, thoughtfulness and safety, to name a few. This book series will serve as a responder to

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help fill a void that currently exists and is widening in our present society, particularly amongst our children. With the spread of negative energy through all forms of media, compounded with the lack of positive role models-from the top

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down, many of our children are denied exposure to strong core values that could help establish and build healthy foundations for one's character. The hope is that these animal, bird, and insect subject short stories will effectively communicate

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messages that will help to turn matters around. The vision is that our young children will grow to become productive, respectful, responsible, patient, accountable, thoughtful and safe. Each story will feature at least one key word to be

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noted and remembered. Also, each story will highlight a moral or life lesson. Finally, each story encourages a discussion with follow-up questions.

In Stop Sabotaging Your Life: 3 Steps To Your Full Potential,

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acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this?: I'm not enough—good enough...smart

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enough...good looking

enough...successful enough....

LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some

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people try to find self-acceptance and contentment through counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal

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fulfillment. LoGreco offers a three-step plan to help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify

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opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret

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formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box—break out of it altogether.”What clients and readers

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are saying about life coach, mentor, and motivational speaker Bruno LoGreco: "As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the

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men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, BELIEVE in myself.... Bruno saved me from my

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self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that.” — Cristina “The world is filled with very successful executives who for decades focus every waking minute on professional

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accolades and professional development [only to] realize they haven't take the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life.

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That would describe me in the past.... I came across Bruno, and I knew he was the man. His personality exudes authenticity and geniality. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in

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instantly on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with

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yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious

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enthusiasm to make you seize your inborn potential.” —Adrian “If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he

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showed me how to do that myself without being dependent on him.... Bruno got me to step outside of my comfort zone and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth.” —Blaine

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30 Days to Self Discipline

A Story about Self-Esteem

The Search for Self-Respect

Duney

Mind Games

Aspire to Be the Best Version of

Yourself for Yourself

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Exciting and Inspirational Stories for
Boys about Courage, Self-Esteem
and Inner-Strength

So much of the experience of
everyday life, says Osho in this
insightful guide, is shaped by
religious and social conditioning

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— and we are not even aware of the fact. We are constantly being pulled away from the unique nature that is our birthright. In place of that original and unique self, a false self called the “ego” is constructed that eventually

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gains control of our creativity, our ideas about what it means to be successful, our relationships, and our very experience of who we are. At the same time, he argues, the collection of egos known as “society” shapes our

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political, educational, and religious institutions, which in turn combine to force the same old patterns onto new generations. In this book, Osho shows how to discard these old patterns in favor of a new and

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nurturing trinity of watchfulness, awareness, and alertness. The bundled DVD lets readers directly experience the insights of this important modern mystic. This book will show you a new way to a bright & full life. And the

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exercises you must do to
unleash the colossal forces in
your mind and drive forward to
greater prosperity.

Are you losing the battle with
your own low self-esteem? Do
you want to overcome anger

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control issues and self-control problems? Do you want to break free from the bondage of sexual immorality and the power of pride? In Mind Games, Kayode Enwerem draws on the experience of speaking to tens of

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thousands of people with self-doubt and negative thought questions to offer proven and powerful methods for using Christian guidance and scripture to overcome fear and regain self-confidence and self-control. Mind

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Games offers direction that anybody in any life situation can quickly and easily apply to gain victory over strongholds. You too can be transformed by the truth of Bible scripture resulting in freedom and victory for the child

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of God. In this book, you will learn the valuable instruction about: * How to recognize your Giants* Overcoming Fear; the number one tactic of the enemy* How to realize the purpose of fighting the giant* How to

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overcome the seed of Self-doubt
associating you with your past*

The secret of defeating the
Giant, thereby improving self-
esteem for men and women*

Discover God's true greatness
and overcome strongholds in life.

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Grab a copy today!

Gila Daman was twenty-one when her father passed away. Instead of letting herself grieve, she fell into a series of unhealthy, superficial relationships that beat down her

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already low self-esteem. After years of struggles in life and love, Gila finally learned how to find happiness: by getting to know and love herself. Instead of focusing on physical intimacy, she started confronting her grief

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and searching for a relationship with herself-one built on honesty and emotional maturity. First Comes Self-Love, Then Comes Marriage is a series of funny, frank, and moving essays in which Gila describes her struggle

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to achieve a positive self-image. Gila's journey is a roadmap for all who feel lost in a series of disappointing relationships, and her battle with low self-esteem is one that all women can relate to. Whether you're just entering the

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dating world or have been on the front lines for years, you'll find comfort and wisdom in Gila's words. By learning from Gila's mistakes, you'll give yourself a better shot at finding fulfillment from within.

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Embracing Your Identity and
Living Your Purpose

LEO the LION and FRIENDS
with CHARACTER

The Magic of Self-confidence
Willpower

The New Intimacy

Page 74/239

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Awakening to Your Own
Awareness

Unbreakable Willpower and Self
Control Techniques! - Erase Bad
Habits and Replace Them with
Self Discipline, Self Esteem,
Motivation and Better Decision

Page 75/239

Read PDF The Magic Of Self Respect Awakening To Your Own A Making!

When a little lamb finds herself the last toy on the store shelf, she worries. With no electronics, no buttons, and not even a fancy outfit, what does she have to offer to a child?

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"Buy the "Reset: Control, Alt, Delete" paperback and download the eBook for only \$0.99 - 0.64." Learn how to rise from the ashes of defeat. Get self-help, Embrace positive thinking, Live a happier life, and Find your destiny. No one can

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defeat you. You can only defeat yourself. No one can truly save you. You must save yourself. There is hope and a way out! Help yourself by reading Reset: Control, Alt, Delete find answers and change your life for the better. RESET:

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Control, Alt, Delete, unlike other self-help books is written specifically to help you to find the encouragement, strength, and personal growth that you will need to change your perspective with positive thinking so you can live a

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hopeful life that creates a path
allowing you to find your destiny.
Take action by getting yourself a
copy of Brian's book. You will be so
grateful you did! "Tags: self help,
positive thinking, self-help books, self-
help happiness, personal growth

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book, self-help books, depression""

Thank You, My Angel's three-book series is based on some of Susan Davis's deepest, darkest times of her young life. During her late teenage years through her young twenties, she was a victim of domestic abuse

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and violence. Her life was horrific; she lived in fear in every moment of each day. There was no escape. On a cold winter's night, she met an angel. The angel became her salvation. Because of life's twists and turns, Susan finally found her way

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back to writing this story. Susan enjoys writing for Trip Advisor and joined the team in December of 2014. She is actively in sharing her reviews and comments world-wide including shows, restaurants, amusements and vacation

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destinations. She proudly owns a
Highlighted badge reaching a
readership of 20,000. Susan is on
Level Five for Contributions and
Level Nine for Attraction
Expert. Her ninth grade English
teacher gave the class a creative

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writing assignment on a subject of their choice. Susan wrote a modern-day love story based on the classic, "Romeo and Juliet". It was then she was told of her gift of writing and she's had that writing bug ever since. Susan's greatest

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accomplishments were overcoming the life of domestic abuse and violence; re-learning self-worth, self-confidence, self-respect and also learning she is a good person who deserves a good life. She is thrilled to share that on June 1, 1988 her

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dream came true. Susan married the love of her life.

Laid out with an introduction all about unleashing the power within....Self discipline, the book goes into short obtainable steps in a day by day fashion to help you

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focus, commit and achieve in only 1 month! What is self-discipline? What does it mean to lack it? Why do you think you're not as disciplined as you would like? Is it because You manage your time poorly? You lack organizational skills? You lack

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motivation? Procrastination is your greatest enemy? You're just too lazy? What many people don't realize is that all of these issues, which they see as causes of poor self-discipline, are actually symptoms. Are you confronting one or more of

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them? If you're contemplating purchasing the book, then you've decided it's time for a change of significant proportions, a change that might take only 30 days to implement, but that will last you for a lifetime. Your conviction is

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admirable, but to undergo such a change, you must first understand what self-discipline is and what it is not. Self-discipline is not: A personality trait that some people have and others don't. Using willpower to force yourself into

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action. On the contrary, self-discipline is: A skill that anyone can learn and train. becoming aware of your conscious or subconscious resistance to action and using different techniques to overcome, but not to crush that resistance. As

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you go through this life-changing 30 days challenge, remember that what you are doing is exercising your willpower muscle for the long run.

Good luck!

Magic Circles

The Key to Life

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Own Your Now

Self Discipline Mastery

Discovering the Magic at the Heart
of Your Differences

A Coloring & Activity Book about
Loving Yourself Just the Way You
Are

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Character Is What We Build, Book
#1

Experience the life-changing magic
of self-love! You need love from
yourself as much as from others.

When you have low self-esteem, low
confidence or even self-hatred, it's

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impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions and overall outlook on life! This helpful workbook allows you to become aware of your own unique needs and goals while discovering

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how to better accept and love your true self. It includes a variety of constructive and actionable tips, tricks and exercises, including: • Interactive Activities explore a variety of fun and creative ways to love yourself • Reflection Prompts

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unpack your experiences and
connect them to new lessons •
Helpful Advice deepen your
understanding of self-love and utilize
it in the real world Self-love allows
you not only to see your true self, but
to truly accept who you are

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wholeheartedly. With this acceptance comes the freedom and confidence to live your life to its fullest. It's time to conquer self-doubt and self-sabotage. It's time to love yourself!

It is an adaptation of the age-old

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Biblical tale of David and Goliath and opens the door for discussions on self-confidence and faith in the face of great obstacles. It is also an excellent book for schools, day cares and Sunday Schools. It is simple, inviting story, and is widely available

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in print and e-book for easy access.

Shows how to turn conflict and disappointment in a relationship into opportunities for learning, mutual growth, and intimacy

Words are powerful. It shapes and creates our world. It becomes

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embedded into our subconscious and become a reality eventually. We must therefore be vigilant with our words knowing how it affects our lives. Affirmations are positive declarations we can say over our lives to help us develop high self-

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esteem, attract wealth, enjoy our
relationships, and achieve success in
our lives. “100 Positive
Affirmations: 100 Short Positive
Affirmations and Positive Thinking
Ideas to Help You Make Your
Everyday Better,” contains

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affirmations about: Achieving
Dreams Living In The Moment
Relationships Healing Wealth
Loving Oneself Self-Confidence Joy
and so much more! Get a copy of
this book now and change your life
with these affirmations!

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Be Assertive! Be Your Authentic
Self!

Stop Sabotaging Your Life

I Am A Person. I Am Me!

A Life-Changing Guide to Boost
Self-Esteem, Recognize Your Worth
and Find Genuine Happiness

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Thank You My Angel

100 Positive Affirmations

The Self-Love Workbook

Your Personalized Guide To

Becoming Confident And Achieving

Everything You've Ever Wanted! 2

Books in 1: Special Edition Bundle:

Page 106/239

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Design Your Happiness! Would you like to destroy your limiting beliefs, anxious habits, re-program your subconscious mind and unleash your hidden potential to drastically improve all areas of your life? Your search stops here. You are just

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about to discover simple and doable strategies that when applied on a regular basis will help you transform every area of your life... The Edition Includes Maya Faro's Most Popular Self-Help Books!
BOOK1: Motivation: How to

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Unleash Your Inner Motivation to Achieve Everything You Have Ever Wanted -How to revolutionize and transform all areas of your life using the same proven blueprint that works for better health, weight loss, abundance, great relationships and

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other areas of life -Create your own step-by-step plan to make progress towards your goals and enjoy the process -Design a compelling and exciting vision for your life that unleashes your inner motivation -Discover your purpose in life and

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be sure you achieve your goals, not someone else's goals -Your personalized morning rituals that will help you be unstoppable and hungry for success -How to deal with adversity and toxic people (and still stay motivated) -The right way

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to journal to be driven and motivated (and take action) -How to use self-love to get rid of guilt and resentment (and other negative emotions) and achieve your goals without burning yourself out...

BOOK 2: Cognitive Behavioral

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Therapy: Heal Your Life!: 5
Powerful Steps to Overcome
Anxiety, Negative Emotions &
Depression -How to Realize That
Anxiety Is Trying to Be Your Friend
-Anxiety Is an Emotion: A Whole
Body Experience -Some Triggers

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You May Not Have Thought Of -The
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-Understand Cognitive Behavioral

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Approaches and Find Out What
Your Unconscious Beliefs Are
-Learn the Thinking Styles Which
Make You Most Anxious and Turn
Them Around -Black and White
Thinking and What to Do About It
-From Anxious to Assured-Your

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Leo and the Magic Forest Exciting and Inspirational Stories for Boys about Courage, Self-Esteem and Inner-Strength Join Leo on his

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extraordinary adventures as he discovers the wonders of the Magic Forest! Throughout this beautifully illustrated book, you'll laugh and yearn for more as we follow Leo and his magical friends in a collection of ten captivating tales that your child

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will love to read. We shall walk, feel and learn with Leo through these ten inspirational fairy-tales that teach him and his friends how to respect, accept and love each other. This collection of short stories will teach your child the importance of self-

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love, respecting other's differences in life, and how to empower each other. Also, they will teach your child to believe in themselves as they grow up, learning to focus on what is noble and honourable.

Throughout this book we will follow

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Leo in different accounts like: *
How to deal with an unkind bully *
How to inspire others and
encourage one another * We will
see how Leo helps his friends to
build each other's self-esteem * We
shall observe as Leo's best friend

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learns to be brave * We will be shown how to learn to trust our friends through difficult times These tales have been lovingly written and inspired by some of the greatest fables in our time, to show that you can do anything if you set your mind

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to it and how to be the best version of yourself that you can be. So buy your little ones this collection today, and watch them as they explore the wonders of Magic Forest with Leo and his friends! Your adventure awaits...

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So much of the experience of everyday life is shaped by religious and social conditioning. We are constantly pulled away from the unique nature that is our birthright and into a false self called the "ego," which eventually gains

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control of our ideas, our relationships, and the very experience of who we are. At the same time, the collection of egos known as "society" shapes our political, educational, and religious institutions, forcing the same old

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patterns onto new generations. In this book, Osho shows how to discard these old patterns in favor of a new and nurturing trinity of watchfulness, awareness, and alertness.

Looking for an engaging book to

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teach children about loving themselves just the way they are? This is it! In Black Girl Magic: A Book About Loving Yourself, Kaelyn learns to look within to reveal her greatest gifts and talents. Throughout this engaging story,

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children will learn how to build self-confidence and the process of uncovering their worth, value, gifts, and talents in order to celebrate the uniqueness that comes with them. In this book about confidence and self-esteem, Kaelyn teaches children

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how important it is to identify their gifts and talents. She encourages children to galvanize their gifts and talents and shares the importance of positivity and optimism. By the end of the book and focusing on the importance of self-worth,

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confidence, and diversity, Zahra helps kids unlock the real magic within them!

Emotional Intelligence

Nurturing Your Child's Self-esteem

Your Child's Self-esteem

Empty Your Cup

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After All, It Is Yours to Own!
The Magic of Self-respect
Confidence

**Struggling with low self-esteem?
Still feeling inferior, unworthy
and not good enough despite all
your effort to change? On the**

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surface, we should be happy. We have all the things we need - a decent job, a stable income, and great friends. We have improved our self-confidence. We thought that we had overcome our low self-esteem issues. But yet, deep

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down inside, nothing has changed - we still feel inferior to others. Why is this so? Why don't we love ourselves? The truth is we have been solving the wrong problem. We thought that by being more successful and

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confident, we will feel good about ourselves. But low self-esteem is a perception problem, it has nothing to do with our success or confidence. You can be wealthy, beautiful, or well liked by others and still don't

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feel good about yourself. You will understand more about this in Empty Your Cup. Download - Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help The purpose of this book is to help

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you empty everything you believe about yourself and reconnect with your spiritual self. Throughout this book, the cup is used as an analogy for the mind. You'll learn: The causes and impacts of low self-esteem

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**How beliefs are formed 6
reasons why changing negative
beliefs into positive beliefs is
not entirely effective in the long
run What mindfulness is The
differences between the spirit
and the mind What spiritual**

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**awakening feels like and ways to
stay awake How mindfulness
can help you love yourself
Empty Your Cup is a simple
book that isn't technical at all.
You don't need any prior
psychology or spirituality**

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**knowledge to understand the
teachings in this book. So are
you ready to let go of everything
you believe about yourself and
learn to love yourself again?**

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get a copy of Empty Your Cup**

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**How many times have you told
yourself quit being such a
PUSHOVER and stand up for
what you really think and
believe? Why don't you just
speak up already? Are you fed**

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up with pleasing others or settling for what you get instead of going for what you really want and need? Can you imagine how freeing and amazing it would be to get your power back and daring to be who you genuinely

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are? Are you looking for a straightforward and easy way to improve your self-esteem, reduce your self-criticism, feel better about yourself and have a healthier and happier life? If it sounds familiar then I urge you

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**to keep reading. You are about
to discover Be Assertive! Be
your authentic self! This is not
another book that gives you a
plaster to put on the problem.
This is a clear-cut cognitive
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that will help you become a more empowered and assertive individual, as well as, strengthen your self-esteem. It confronts the issue head on, asks you hard questions and reveals the true core source of your

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unassertiveness. By identifying and understanding the key psychological barriers that prevent you from acting assertively, challenging them directly and applying the newly learned strategies, you will be

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able to achieve permanent solutions. It will take allot of motivation, energy, courage and hard work to create a change in your life but it is indisputably worth it. You may ask yourself: What are the Benefits of reading

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Be Assertive! Be your authentic self!? 1. Developing practical and constructive strategies/skills that will improve your communication style, recapture a sense of control over your life and help you cope better with

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difficult situations in the present and the future. 2. Being able to communicate and express your own authentic unique self. 3. The dismantling of your inner bully and self-defeating behaviours will help you achieve your

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**potential and a happier and
more fulfilled life. 4.Learning to
challenge your daily negative
thoughts will change and
improve your emotions,
behaviours, physical and
psychological well- being and**

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**add balance to your life. 5.The
strengthening and the
enhancement of your awareness
of your personal strengths, as
well as, changing the way you
think about yourself and others
will enable you to achieve**

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enhancing a child's self-esteem
and creating more fulfilling
family relationships**

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the following about exams?**

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***Anxiety and worry about your exams and your ability to pass them. *Low self-confidence about your ability to take exams. If so, then this book will help you do the following: *Creating empowering and positive beliefs**

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**about yourself and your ability to
take exams. * Change your
perceptions about your ability to
take exams for the better, so that
you can approach them with
confidence and resourcefulness.
Awakening to your Own**

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Be Cute for You

Power of Thinking Big

**100 Short Positive Affirmations
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Help You Make Your Everyday
Better**

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***contains proven steps and
strategies on how to
quickly and easily develop
new habits of self
discipline, self esteem, and
better decision making!
Today only, get this***

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***Amazing Amazon book for
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price! If you don't have
strong willpower, you will
often be very discouraged
and frustrated with
yourself. It is hard to have***

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a good self image and self esteem if you go back on your word every time you decide that you want to do something. This implies that you do not trust yourself and causes you to

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feel depressed and other negative emotions. Don't allow this to happen anymore! Stop the bad cycle you are in and learn these simple techniques to increasing your willpower,

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***self esteem, self discipline
and decision making NOW!
I am confident you will be
happy that you did. This
book contains easy to
follow steps to help
enhance your willpower and***

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develop self-control, two important aspects in achieving your goals. Learn how to take advantage of the power of your mind to help you attain the things you want in life. No need to

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***suffer stress and anxiety
anymore and learn to live
the life you want with the
help of this book. Here Is A
Preview Of What You'll
Learn... Understanding
Willpower And The Benefits***

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***You Can Gain From Having
It How To Build
Unbreakable Willpower To
Erase Bad Habits And
Replace Them With Good
Ones Eliminate Barriers To
Your Willpower Success***

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Self-Doubt How To Develop
Amazing Self-Control And
Resist The Biggest
Temptations Using
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To Make Better Decisions
Setting Daily Goals To Build
Self-Esteem And Get Laser
Focused On What You Want
To Accomplish And Be In
Control Of Brain Training***

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***Strategies To Increase
Motivation And Willpower
To Succeed Putting It All
Together Into A Quick And
Easy Daily Routine To
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Discipline Much, Much***

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***Discusses the ways in
which parental attitudes
shape the child's concept of
himself and offers
guidelines for creating***

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positive relationships

'This book is an essential starting point for practitioners who are new to Circle Time as it includes activities specifically for adults, helping to

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***familiarise themselves with
the process' - Early Years
Update 'This is an excellent
book full of practical circle
time activities and
experiences....The benefits
of the potential life skills***

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immeasurable because it
will help communication
and problem solving skills,
show participants how to
be flexible, to get along***

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measured risks and make
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Years Educator 'Working as
a supportive reference,
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the partnership between
school, family and
community...[It] will boost
the effectiveness of Circle
Time - as a respected
program in social /***

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***emotional learning, and
tool for empowering youth'
- Bendigo Weekly 'The
beauty of this book lies in
the simplicity of the
activities. Anyone can
follow the instructions and***

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***get amazing results.
Individuals who have
developed walls around
themselves as a defence to
cover up their low self
esteem also react with
wonder and bewilderment***

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during these activities. A good self affirming experience during Circle Time goes a long way in helping us manage the darkest moments of our lives. Even the most

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***reticent people open up
during Circle Time' - Aroona
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Murray White was the first
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book on Circle Time and his classic Magic Circles helped to raise the profile and popularity of Circle Time during the 90s. This new and revised edition provides both the

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***theoretical underpinnings
and practical advice you
need to help raise self-
esteem through Circle
Time. The resource also
includes a 60 minute audio
CD to introduce guided***

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imagery to help build self-esteem. It takes the listener through a number of journeys, helping to develop imagination, improve concentration and increase self - confidence.

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***The book provides a range
of exciting activities to use
in Circle Time to develop a
sense of: · security ·
identity · belonging ·
purpose · competence · well-
being The benefits of***

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participation in this process both for individuals and society are clearly explained. The ability to communicate well, take sensible risks, make wise decisions, be flexible, deal

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***with conflict and stress,
solve problems and get
along with others are all
enhanced by this
experience. To take
account of the popularity of
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***adults, circle activities are
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their use. Everyone will
benefit from the Circle
Times in this book. Murray
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***for Self Esteem and
emerges as the earliest and
most significant influence
on the establishment of
Circle Time in the UK.
Self-esteem is critically
important in the classroom***

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and beyond. Often, children find it difficult to express themselves. I Am a Person is written with the aim to boost confidence and help children find their voice. It is a book that will, through

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***humor and empathy, give
kids self-assurance and
encourage individuality.
Author Leonie Arnold's goal
is to promote expression so
that anyone who has a
dream will embark on***

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***making that dream come
true.***

The Special

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***Interpersonal Connection,
Control Your Emotions,
Build Self Confidence and
Find Long Lasting Success!
(EQ Mastery, Emotional
Health, Self Awareness,
Emotions, Positive***

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Psychology)

3 Steps to Your Full

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Learn How to Control Your
Emotions? Want to Find
Long Last Success? If you
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the important role
emotional intelligence
plays in your everyday
life. What is emotional
intelligence. Well,
emotional intelligence is
defined as "our capacity

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to control, be aware of,
and express our emotions,
while handling our
interpersonal
relationships both
empathetically and
judiciously. Emotional

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intelligence also allows us to recognize other people's emotions and how to use that information to guide both our behavior and thinking." This book will teach you what you'll

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need to do to become more emotionally intelligent and therefore improve your interpersonal connections both at work and home. It will increase your sense of self awareness and

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allow you to be in control
of your emotional state
letting you making smarter
more informed choices
instead of being clouded
or negatively affected by
your feelings. Inside You

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Apps, Tests, Books, &
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After you've finished with
this book, my hope is that
you'll have learned some
useful tips and strategies
to help you become more

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emotionally intelligent.
By becoming the best
version of yourself you'll
unlock countless
opportunities to find
success in both your
personal and professional

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she shares hundreds of her own personal spells, recipes, and remedies for natural healing. Learn how to release emotional blocks and use the powerful energies of

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nature to support self-
care for ailments and
challenging life
experiences such as: •
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as well as affirmations,
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herbs, foods, incense and
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recipes for enchanting
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Cupcakes • Fruit Tea Cake
With additional hands-on
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as well as chakras, moon
phases, and the elements,
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everything you need for
effective magical
remedies.

Demonstrates the role of
self-esteem in
psychological health and
presents six action-based

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practices that provide a
foundation for daily life
Success is measured not by
the size of your brain,
but rather by the size of
your thinking. This
intrigues a lot of people,

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and if you observe how people behave, you will have a clear understanding of what success really means. Time and time again, history and experience have proved

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that the degree of our general satisfaction and happiness is dependent on how we think. There is magic in thinking big! Positive thinking helps accomplish so much in our

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life, but unfortunately not everyone thinks that way. We are all products of our thinking that goes within and around us.

There is an environment around us that exerts all

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sorts of forces on your thinking; some will push you up the ladder while others will pull you down. We have been told many times that opportunities to lead are no longer

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there; hence we should be content with who we are without having positive aspirations on leadership. The petty environment surrounding us also has its own narrative

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concerning our lives. It constantly tells us that whatever is destined will eventually happen and we have no control over it. Leaving your fate in the hands of chance can

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potentially ruin your life
and make you miserable.

Therefore, before you
start giving up your
dreams of a finer home or
giving a better life for
your children, stand firm

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and resist resigning to fate. Do not lie down and wait to die. Success is worth every effort you expend, and every step you make pays a dividend. Even in an environment where

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competition is intense,
you still can succeed as
long as your thinking is
in the positive quadrant
of your mind frame. The
basic concepts and
principles that underlie

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the power of thinking big
are drawn from the highest-
pedigree sources and the
finest thinking minds such
as Emerson who said "Great
men are those who see that
thoughts rule the world."

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Milton who wrote in his book Paradise Lost, "The mind is its own place and in itself can make a heaven of hell or a hell of heaven." Shakespeare made an interesting

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observation about thinking which he summarized and said "There is nothing either good or bad except that thinking makes it so." Proof is everywhere that thinking big indeed

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works. When you look at the lives of people who you consider as big thinkers, you will be amazed at their winning success, happiness and achievements. This book

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will show you proven
strategies from different
life situations that will
turn your life around.

The Magic of Self-Respect
(Indian Edition)

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Emotional Elegance

Control, Alt, Delete

Self Discipline

Say No to Exam Stress

Why We Have Low Self-

Esteem and How Mindfulness

Can Help

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"Be Cute for You" is a declaration to inspire self-confidence. Be Cute for You signifies the importance of self-beauty, self-worth, and self-respect. In today's society where vanity thrives, this

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***message was created to shift
the focus from pride and
arrogance to healthy self-
esteem where people value
themselves for who they are
and motivate them to strive to
be the best version of***

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themselves. Be Cute for You is more than a concept, it's a mindset and a lifestyle. If you believe you're beautiful, then you are beautiful. If you believe you can achieve your dreams, then your dreams will

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***come to pass. And if you see
yourself as becoming
successful, then you will be
successful. Be Cute for You is
designed to motivate your
inner self without seeking the
approval or validation of***

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book of inner self-awareness,
you will discover you were
perfectly made into God's
image-nothing broken and
nothing lacking. As you travel
through your journey of life,***

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Be Cute for You will help you tackle your fears, pursue your dreams, and allow you to see the beautiful masterpiece-you!-who is in the making. Lesley Salvato offers fresh perspectives, strategies and

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***solutions as a means of
becoming more effective and
efficient in your life. She offers
realistic considerations for
CEO's, Business Owners, as
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for lasting change in balance***

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***and success at work, home
and daily relationships. Finally
a real opportunity to become
more productive at work, more
present with your family and
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relationships...now. It is time***

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***to Own your Now. After all, it
is yours to own! Own Your
Now will motivate you to move
forward in every area of your
life. It will shed light into
behaviors and routines that
keep you stuck and distant***

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***from the success and
happiness you are capable of
achieving. You will see that
you do not need to become
someone else, but simply be
open to a new lens, which will
allow a new path to emerge.***

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***Lesley is a successful Coach
and Owner of Geller Coaching.***

***For more details about her
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