



Lean Inside: 7 Steps to Personal Power

By Jay Pryor

Balboa Press, United States, 2015. Paperback. Book Condition: New. Reprint. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Exhausted and running on empty? This simple guidebook to transformation is just the refreshment you need. Having spent his first thirty-five years as a woman and a decade as a coach, Jay Pryor shares from both a personal and professional perspective to help women access their true inner power. His loving and humorous tone make this an easy-to-read and apply resource. You will gain tools to: Open your eyes to the unconscious beliefs running your life Overcome stories of inadequacy, comparison, guilt, and scarcity Put shoulders to rest Align with your higher purpose and vision Live the life of your dreams Lean Inside: 7 Steps to Personal Power is full of straightforward wisdom on living a more purposeful life. It's a quick read, but you will surely go back to it again and again for affirmation, encouragement and reminders. A must read for women ready to get out of their own way. - Erin Brown Author, Activist, Empath Jay Pryor is one of the most insightful and authentic people I know. Read this book just...



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