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The Self-Improvement Manual: How to Heal the Self-Defeating You (Paperback)

By Dr Anthony Hall

Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Personal Success is about finding happiness in the life you have, setting realistic goals for yourself and feeling content within yourself that you have done your best to achieve those goals. Success is also about persistence, taking risks and living by your own standards, instead of the standards of others. Upon completing this book, the reader will learn to apply the secrets of success to his/her own life in order to achieve his/her true potential and break self-defeating tendencies. Conditioning the mind and body to stay motivated is vital to the success of any individual. In this book, the author covers topics such as motivating others, choosing the right role models, forgiveness, self-esteem, dreaming big, setting goals, meditation, being optimistic, taking a break to relax, spiritual growth, taking control of your life, getting the help you need, improving your communication skills and so much more. Purchase this book today to start your journey to self-improvement.

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