



Take Back Your Day: How Simple Daily Actions Can Change Your Life (Paperback)

By Daniel Walter

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Have you ever wondered why some people seem to have an easier time getting their lives together than you? What is it that allows a person to succeed in reaching their potential, while others flounder? Whether you have been in the game of self-development and growth for some time now, or you are in the beginning stages of personal mastery, you won't want to miss this empowering guide from Daniel Walter. In Take Back Your Day: How Simple Daily Actions Can Change Your Life, you can discover the abundant power you have to move forward and reach all of your personal goals. In this comprehensive handbook, the author delivers many no-holds-bar strategies in how to take an analytical, rational, and systematic look at what you are doing - and more importantly, why you are doing it. As you take this new journey of self-mastery with Take Back Your Day, you will notice a positive change in your thinking process, mindset, and emotional stability. You will discover the following golden nuggets: How mindfulness and understanding personal patterns contributes to successes and failures How you can address the 'always on problem' to take back...



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