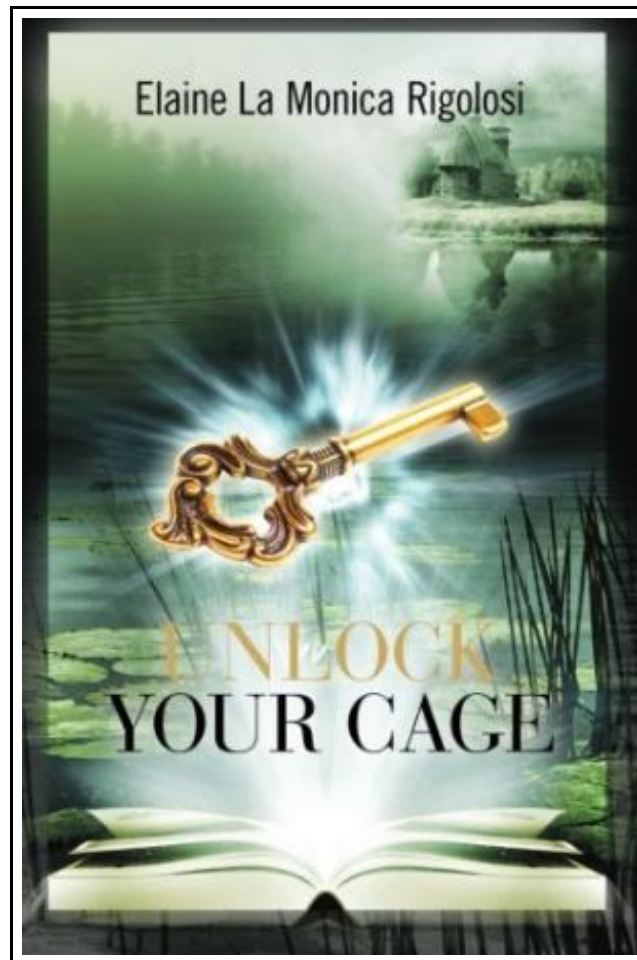


Unlock Your Cage



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Reviews

It is a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Dr. Barney Robel Jr.)

UNLOCK YOUR CAGE



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Createspace, United States, 2012. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Life involves choices - you can choose to paint a positive position and grab your own powers to achieve, or you can proceed feeling caged and helpless. For anyone looking to make transformative life changes, Unlock Your Cage will demonstrate how to lead yourself to where you wish to be. This revelatory and instructive story written as an allegorical fable presents insight and ideas that are refreshing and inspiring. By demonstrating the process and power of directed self-control, Unlock Your Cage will help you become aware of life changes you may wish to make - from conquering a bad habit or losing weight, to securing a promotion, or enhancing your athletic training. Unlock Your Cage guides you through a process of becoming aware of your thoughts, drives, and inner strengths, and focusing them toward goals using the powers of imagery. It demonstrates that improvement can be achieved by everyone; that optimal is reachable; and perfection is doing one's best in any situation. Following the instruction of The Great Wizard of The Lakes, Gretchen and Hans learn these lessons presented in a succession of four key concepts: Commitment, Awareness, Goals, and Exercise. This playful and engaging narrative brings to life these transformative focal points, with each section culminating with a Memory Leaf: a clear, readily referenced outline of the ideas and processes shared in the story. Taken together, the four chapters read consecutively will lead you on a path that will enable you to unlock your C-A-G-E from within. Unlock Your Cage will make clear that life is a series of choices set against your own unique blend of reality. What you do with your gifts and circumstances...



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