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(Dr. Porter Mitchell)

REGROUP: THE HOW-TO OF NEVER GIVING UP (PAPERBACK)



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Jaunique Sealey D/B/A Inkspiration Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. More fulfillment, less stress, a healthy response to change. The things you want most seem simple enough, but why do they often feel out of reach? The truth is: Making fundamental changes to your life takes more than just courage. It requires the know-how of one thing above all else: how not to give up. Are you ready to start calling more of the shots in your life? Regroup: the How-To of Never Giving Up delivers the raw, honest truth about what you need to overcome obstacles that challenge your success. A quick and easy read, Regroup isn't just talk. It's written to be transformational - filled with clear instruction and helpful examples for actionable wisdom. The author's uncommon approach to finding common experiences between you and even the most enviable success story exposes insights to help you bridge the gap to your goals. Learn how to: Manage the stress of daily setbacks and obstacles. Stay motivated all the way to your goal. Create more life options. Deal with naysayers, negative self-talk and detractors. Know when to quit - and how to quit without giving up. Now is the time to take the right risks. Now is the time to change your life for the better. Now is the time to Regroup.



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