

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



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Reviews

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TAKE BACK YOUR DAY: HOW SIMPLE DAILY ACTIONS CAN CHANGE YOUR LIFE (PAPERBACK)**DOWNLOAD**

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 your life. A step by step process on how to design goals that are most beneficial to your life. How you can maximize daily routines to bolster your limitless creativity and productivity. The power of eliminating restrictive thinking and how you can gain an upper-hand in personal roadblocks. Compelling ways to improve your confidence and find true happiness. How to unveil the power of minimalism and what it can do for your life. With *Take Back Your Day: How Simple Daily Actions Can Change Your Life*, you will gain the right tools to set you on the right path to success. Your horizons will be opened...

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