



## 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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