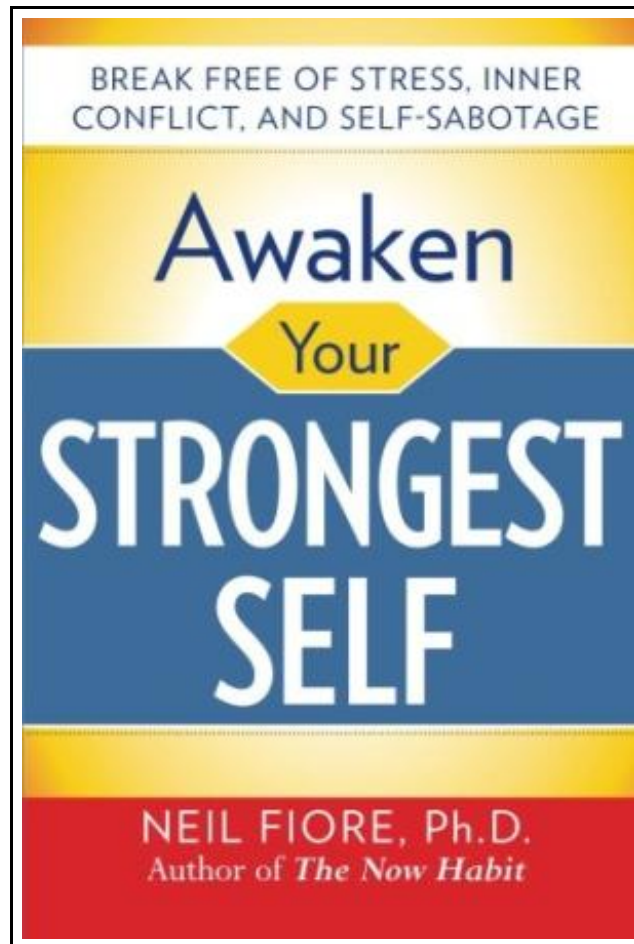


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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
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AWAKEN YOUR STRONGEST SELF (2ND REVISED EDITION)



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Awaken Your Strongest Self (2nd Revised edition), Neil Fiore, This is a groundbreaking four-step program for breaking self-destructive habits, increasing productivity and creativity, and performing at your personal best. We often make our worst decisions when we act from a weak sense of self, and our best decision when we are confident and self-assured. Using the latest research findings in neuropsychology, Cognitive Behavioral Therapy, and Peak Performance strategies, "Awaken Your Strongest Self" shows you how to live with greater joy, ease, and effectiveness. Author Neil Fiore, Ph.D., provides a four-step program that involves: stepping back from old, ineffective patterns, waking up your 'new brain' - what neuroscientists call the 'Executive Organizing Function', awakening the five qualities of your strongest self, and putting everything together to achieve your goals. Through innovative examples, case studies, and exercises, you will learn how to cope with stress, recognize early signs of inner conflict, perform at their personal best on everyday work projects, minimize feelings of being overwhelmed; and ultimately, choose healthy alternatives to replace former bad habits. Topics of this title include: The Sleeper Must Awaken; Five Signs That You Are Not Your Strongest Self! Yet; Expand Your Identity Beyond Your Ego; Step Up to Your Strongest Self's Point of View; Speak Up in the Voice of Your Strongest Self; Safety Replaces Stress; Choice Replaces Inner Conflict; Presence Replaces Feeling Overwhelmed; Focus Replaces Self-Criticism; Connection Replaces Struggle; Self Efficacy and the Stages of Change - The Key to Realizing Your Dreams; Making up Your Mind; Committing to Change; Taking Action; Maintaining Long-Term Success; and, You Are Your Strongest Self.



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