



## Building a Better You: Being Real, Letting Go, and Moving on

By R Martin

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You may be thinking sarcastically to yourself, Wow, another self-help book. Just what the world needs. Though I will not tout this piece as the end-of-all self-help books, I do believe the combination of honesty, frank language, and a direct and open approach to discussing certain issues will be extremely helpful to the many that will invest in their lives by getting this book. I am just a regular guy who has gone through a lot of things like anyone else; discrimination, failure, growing up with divorced parents, abuse, rejection, heartbreaks, disappointing those that care for me the most, low-self esteem, underachieving, living a stale mediocre life, trying to change who I was to be accepted, betrayal by those close to me, betraying others myself, unfulfilled dreams, settling for less, dysfunctional relationships, severe family conflict, trying to wear a smile over a miserable heart, etc. I have also witnessed other people go through things. In truth, many of us have dealt with hardships that span the spectrum of pain, suffering, and hopelessness. Yet, while some people overcome and...



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