



Breaking Free: Leading the Way: Learning First to Lead Yourself

By Traci Duez

Break Free Consulting LLC, United States, 2013. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This book won't tell you about some secret or magical way of changing yourself. It won't promise you a pain-free route to your success and all of your dreams. This book is designed to help you shift. . to break free from the old thinking habits that are no longer supporting you and your success. You will read about practical, actionable steps to create new habits and positive self-talk. This isn't about fixing you; you aren't broken. It is about shifting to the thinking and valuing habits that are your strengths which naturally release the intrinsic brilliance you already possess. I'll use a series of short stories to take you on a journey from identifying your Goals Direction to Talking to Yourself and onto Beginning Your Journey, Your Transformation and finally Moving Forward to reach your goals. Here are just a few of the topics: Identify and Shift to your Best Thinking Discover What's WRONG RIGHT with You Better Way to Set and Accomplish Your Goals How Neuro-Axiology Accelerates...



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