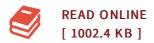




Out of Balance?: Be a Bounce Back Person

By Judy Helm Wright

Createspace, United States, 2011. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand ******.OUT OF BALANCE? BE A BOUNCE BACK PERSON -Latest book by Judy Helm Wright, popular life educator/empowerment coach/ motivational speaker on being resilient in the midst of tough times. The ability to bounce back from disappointment or adversity requires life skills. Are you: . Discouraged by what has happened in the past. Worried about your relationships. Depressed about your financial affairs. Feeling trapped, helpless or hopeless. Anxious about what is happening in the world. Concerned about the your future. Lacking confidence in your worthiness to be wealthy. Intimidated by wealthy or successful people . Confused by the negative thoughts in your mind . Wounded by past hurts and events. Unhappy about where you are in life. Troubled by family belief systems that no longer serve you Then, buy this book today and get: . How to shut off negative mind chatter . Why it is important to be resilient. Methods for updating your belief system . Why T.E.A.R.S. determine what you get in life . The importance of...



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