



## Out of Balance?: Be a Bounce Back Person

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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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