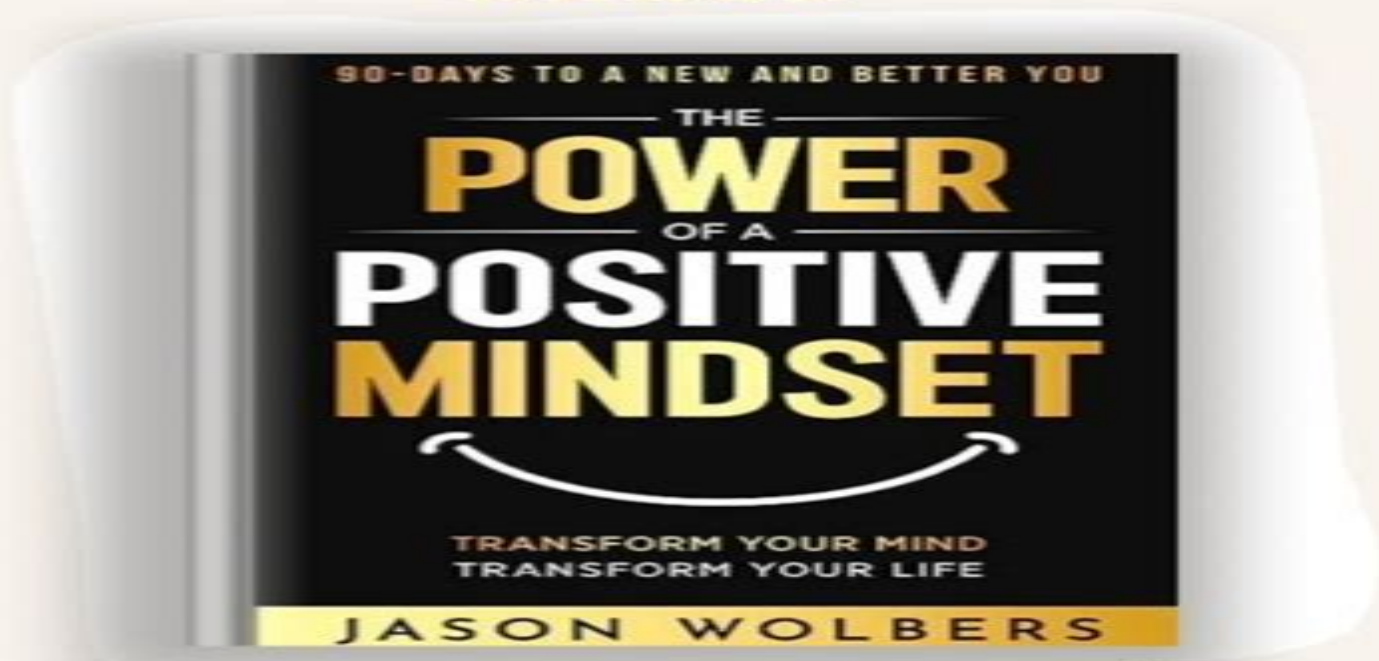


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solution to an unthinkable situation In I Hope You re Having a Great Day I Know I Am Pam courageously shares her fascinating story to inspire readers to make simple changes for maximum impact to their everyday lives **12 Step Guide**

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Sybex Books,2025-06-22 Perfection is a trap Progress is the way out Choose Progress Not Perfection Every Time is a compassionate and clarifying guide for anyone tired of holding themselves hostage to impossible standards If you constantly feel like what you do is never good enough this book will help you reclaim your momentum your creativity and your peace Inside you ll explore the perfectionist mindset from every angle where it comes from how it hides in your routines and how to shift your thinking toward sustainable fulfilling growth You ll learn how to create without obsessing finish without over

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Silent Option Eliza Hope, 2024-09-16 Silent Option explores the intricate workings of the human mind when faced with obstacles offering a comprehensive guide to enhancing mental resilience and personal growth The book delves into how our brains respond to challenges examining the interplay between thoughts emotions and beliefs that shape our reactions to difficulties Drawing from psychology neuroscience and self improvement research it presents a unique blend of scientific insights and practical strategies for optimizing cognitive processes and problem solving abilities At its core the book emphasizes two key concepts obstacles as catalysts for growth and the malleability of our mental approach to challenges It guides readers through various aspects of mind obstacle interactions including perception cognitive biases and emotional regulation By offering a mix of theoretical understanding and actionable techniques Silent Option equips readers with the tools to rewire thought patterns and cultivate a growth mindset The book's structure progresses from understanding mental processes to implementing practical exercises making it an invaluable resource for anyone seeking to enhance their resilience and achieve personal or professional goals

Find Your Hidden Strengths Matthew E. Poll, 2024-04-09 A Breakthrough Process for Discovering and Removing Your Greatest Obstacles to Success Find Your Hidden Strengths is a valuable resource for gaining deeper insight into your behavior and thought patterns Move past obstacles maximize your strengths and unlock your full potential for growth and success A roadmap to abundance and fulfillment Embark on a transformative journey towards personal and professional growth This guide from life coach Matthew Poll provides you with powerful tools to become the author of your own destiny offering a framework to thrive in critical areas of your life such as relationships wealth health and spirituality Move past obstacles perhaps unidentified for years and maximize your strengths with this unique breakthrough process ultimately contributing to positive lasting change Unlock your full potential and achieve success in all areas of life This insightful guide delves into the four human archetypes shaping our approach to personal and professional goals By understanding these four facets of human nature you will enhance your self awareness harness a set of powerful tools for personal growth and achieve success Inside Gain enhanced self awareness by identifying strengths that mask your weaknesses Learn to break free from limiting behaviors and naturally grow and flourish Discover a transformative framework for personal and professional growth Harness a decisive breakthrough process for overcoming obstacles and achieving lasting success If you enjoyed books like The Power of Habit Mindset The New Psychology of

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