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## Mindset Mastery: Take Back Your Life and Overcome Limitations (Destroy Negative Energy, Be More Confident, Build Smart Habits) (Paperback)

By Lance P Richards

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you have a problem with negative thinking? Do you feel nervous whenever being approached by other people? Do you need a break from unending negative habits? Do you feel stagnant, stuck in a rut, and ready for a change? Are you terrified of ending up old having wasted years of your life with the wrong mindset? If you keep doing what you ve always done, you ll never break free of your negative self-talk and increase your emotional intelligence. Is this positive for you? Mindset Mastery: Take Back Your Life And Overcome Limitations teaches you every step, including an action plan for destroying your losing mindset at the roots. This is a book of action and doesn t just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. This book is packed full of real-life actions for people who struggle with fear of people, proven techniques of that have worked for thousands of people just like you. These methods are backed up countless research studies, all which...



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