



How to Create Positive Change in 21 Days: Be Brave, Put Yourself First (Paperback)

By Sara Khan

Sara Khan, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You have a dream to achieve. You have that one idea that, if implemented, you know it will add to your success. Yet, you are scared, saying to yourself, What if someone disagrees with it. What if someone rubbishes my idea? You doubt your own worth. Why? You have been struggling to overcome the barriers in your life. These obstacles could be anything or anyone. You are surrounded by critics; to avoid them, you build a shell around in order to feel secure and earn a praise. You make efforts, continuously, to please others. Somehow, in proving your worth to them, you never realise that you are at loss. With each passing moment, you lose your self-worth, self-confidence and, hence, you become the biggest obstacle in nourishing yourself into a person you would love to be. The motivational book How to Create Positive Change in 21 Days is a practical approach to training yourself to develop into a successful person. As you read through the 21-day challenge book, you will realise that you do not require any particular set of skills to deal with...



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