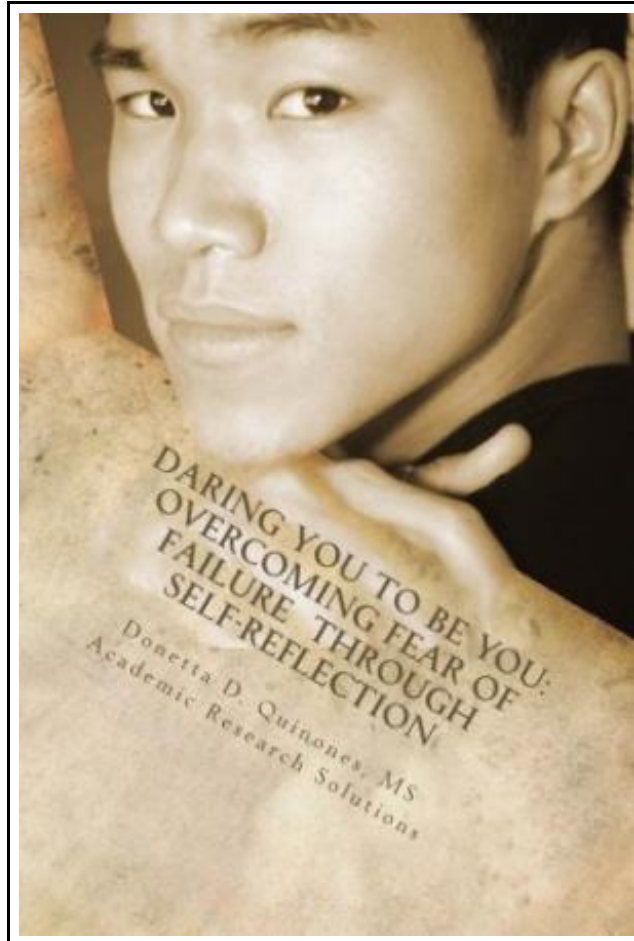


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Reviews


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Daring You to be YOU! Overcoming Fear through Self-Reflection is a personal development coaching journal designed to guide you through the realization of your faith-filled evidence activating reality . Learn about the relationship between your passion and achievements based on the motivational principles of hope for success and the fear of failure . This journal will provide you with an opportunity to explore these underlying factors impacting your ability to succeed in the achievement of your goals. Through evaluation of those events, patterns, and themes impacting your day-to-day actions and reactions, you can address your fears and those issues related to life-changing events that shaped your personal and professional decisions. Learn how you can reconstruct your experiences to build a new reality. Utilize Self-Reflection activities to write therapeutic letters, express attitudes of gratitude, and create your personal narratives that will deconstruct negative self-perceptions to construct positive narratives that motives change in your life. Daring You to be YOU! is a personal development coaching series designed to help individuals to analytically construct and deconstruct their thoughts, emotions, and behaviors as they go through journal questions and reflections. Individuals are able to keep track of day-to-day reactions and activities, review their thoughts, and develop solutions as you go through the process of self-discovery. These coaching resource materials help to boost motivation towards progress towards set goals as the individual deliberately thinks about lessons learned and dialectically think about what can be done to promote positive change in one s life. The goal is to help the individual to overcome the fear of failure by framing setbacks and successes as opportunities for lessons learned. Each journal serves as...

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