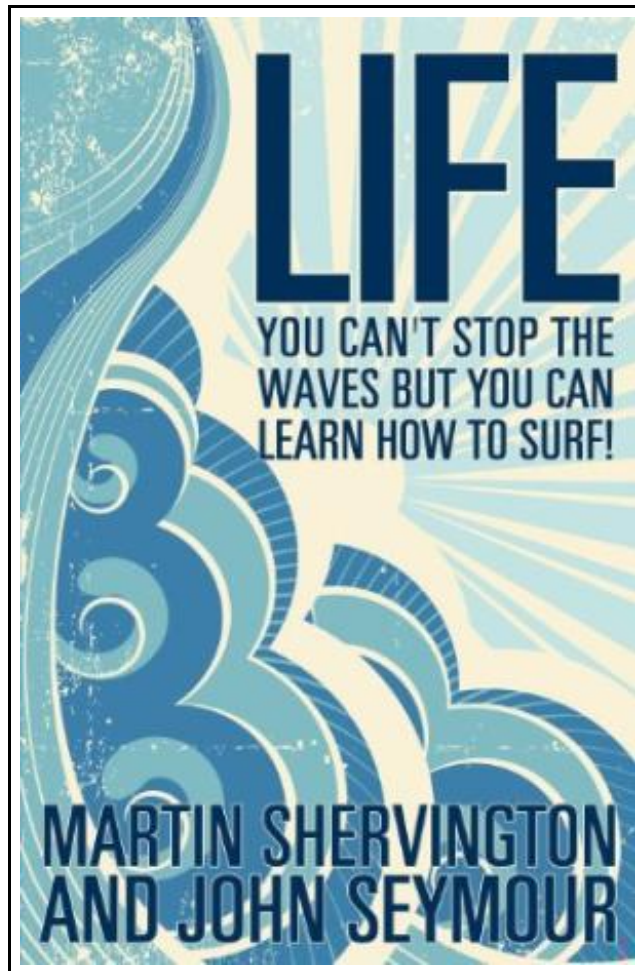# Life: You Can't Stop the Waves But You Can Learn How to Surf!

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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

LIFE: YOU CAN'T STOP THE WAVES BUT YOU CAN LEARN HOW TO SURF!

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MX Publishing. Paperback. Book Condition: new. BRAND NEW, Life: You Can't Stop the Waves But You Can Learn How to Surf!, Martin Shervington, John Seymour, Life: You can't stop the waves but you can learn how to surf guides people from a state where they may feel 'uncertain' about themselves and their lives to a place where they can rest comfortably with the experience of self-awareness. So, why buy this book? Many people are 'lost'; Recession has hit, jobs have been lost, relationships are stretched, people are searching for personal meaning more than ever.With a thorough understanding how to support psychological changes in challenging times, this book has been written to help a reader to navigate them effectively. The changes include the ability to know one s own mind , increase self-esteem and handle emotional issues in a new way. As such, there are 'mind exercises'; throughout. They will really make a difference. Using a distilled essence of personal development models in user-friendly language, including communication skills NLP, the book takes the best available techniques and makes them very human. These are then applied to real life areas. Many areas that people want to deal with, including: Building independence of mind. Finding and enjoying intimacy. Career success. Planning a good financial future. Considering the spiritual side of life. Effectively handling others. You will learn how you create your own reality far more than you realised. With skills and tools you will find yourself more in control of your destiny than ever before.

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