

# How To Give Yourself The POWER To Succeed: Learning to recognize the things you're doing that keep you from the things you want

Sharon Michaels

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Learning to recognize the things you're doing that keep you from the things you want. What's holding you back? \*If you're not succeeding the way you know can \*If you're not finding peace, balance and happiness in life \*If you seem to yank the rug of success out from under yourself \*If you botch-up the good things when things are going well \*If you don't know how to achieve guilt-free success This book can help you recognize the self-sabotaging things you're doing that keep you from the things you want. Discover how to understand your success tolerance quotient and how it may be limiting success and happiness. Find the something you're doing, saying, thinking or believing that feeds the need to make life a struggle. Recognize your pattern of self-sabotage and how it may be controlling your life. You'll learn how to: Make peace with the past Understand your role in life Use your mind to achieve See the future as exciting Nurture healthy self-esteem Make better choices Give yourself permission to be happy, successful and prosperous. Comments about How To Give Yourself The POWER To Succeed. I loved Sharon's truths, she gave me positive ideas to stretch beyond my comfort zone. The scenarios at the end of every section gave me hope. TM, Philadelphia How To Give Yourself The POWER To Succeed touched me in a very personal way. I could relate to it. I liked the examples and especially the questions and answers. It was easy to read on a serious topic. JH, Los Angeles I appreciated how Sharon said what I couldn't put into words. I've never before found an author who seemed to know exactly what I was feeling. How To Give Yourself The POWER Succeed started me thinking and changing. KC, Detroit

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