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Self-Help Essential Boxed Set: Learn How to Cultivate Healthy Relationships, Improve Your Health, Finances Master Your Own Psychology (Paperback)

By Simeon Lindstrom

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Self-help books on the market today will tell you one of two things. . either that you are perfect already as you are and needn t worry, or that with just a little (well, a lot) of effort, you can reach those goals. Be the best, smartest, most successful, thinnest and relentlessly happiest version of yourself possible. No excuses! Here, you will not find any quick tips and tricks on how to live a fabulous life free of suffering or fear or confusion. The approach I outline in these books actually goes against most of the popular ways to tackle depression, anxiety or general malaise. But it is an approach that allowed me to dig deep into my own authenticity, be honest with myself and start to make real, lasting changes in my life. I was petrified to really put myself out there, to look at myself as I was, without any bullshit. But then I realized that the pain of living inauthentically was greater than the pain of taking a risk and being myself. The exercises and case studies l...



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