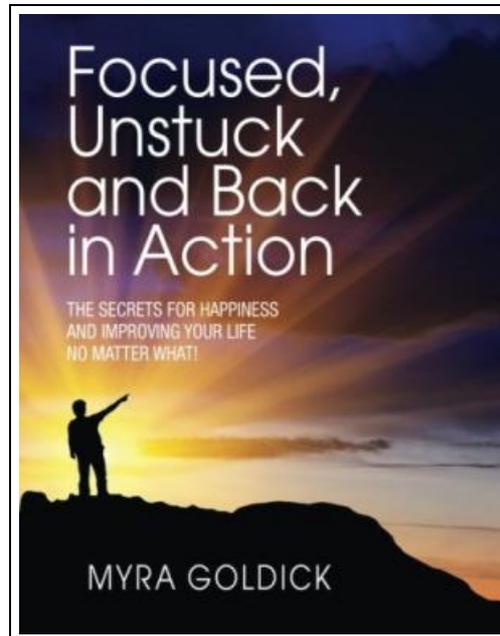


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Living Through Art, Incorporated, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you stuck? Are you dragging yourself through the hours between sunrise and sunset in survival mode, moving from one task to another without joy or passion, struggling to find meaning or purpose in your life? You know that joy and happiness is in there somewhere, buried behind the negative words, but it seems here today and gone tomorrow, and you re just wondering what it takes to bring it back into your life. Maybe you had it once but misplaced it, and even though you ve been searching high and low, your motivation is nowhere to be found. Maybe, like Myra, you began your life behind the proverbial eight-ball, and what you really need is a clue, just one clue that will help you find the path that will take you to loving yourself, loving your life, and unlocking your passion. Wherever you began, however far you have come, right now you feel stuck. And more than anything you want to get unstuck, focused, and back in action, but how? All roads, whether long or short, begin with a single step, but where do you start? You start here. With Myra s help, you can begin to turn your depression and sadness into joy. Within this book you will gain the keys to successfully restart your engine, no matter what! The exercises and coaching questions in the Focused, Unstuck and Back in Action are powerful, effective, and will help you turn your life on - gifting yourself with direction, achievement, and the love you deserve. Discover how to turn: depression into joy negative thoughts to positive self-loathing to self-love being stuck to a life...



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