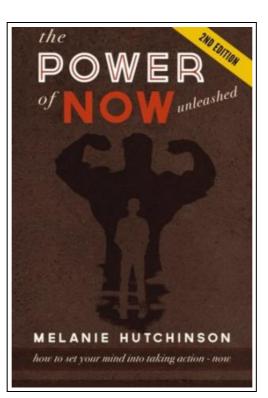
The Power of Now Unleashed: How to Set Your Mind Into Taking Action Now So You Can Achieve Your Dreams (Paperback)



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Reviews

This composed book is wonderful. It is amongst the most awesome book i actually have read through. You will like the way the author create this publication. (Miss Fanny Osinski V)

THE POWER OF NOW UNLEASHED: HOW TO SET YOUR MIND INTO TAKING ACTION NOW SO YOU CAN ACHIEVE YOUR DREAMS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you a procrastinator? Are you great at starting things, but not at finishing? Are you stuck in a rut at work or school because you re not doing your best? Do you need the key to motivation? There s nothing quite like the feeling of a clean slate, whether it s a new year, a new semester, a new job or just a new day. These are times to set higher, loftier goals for ourselves. We do this with genuine intention. so why do so many of us fail to follow through? Melanie Hutchinson s e-book The Power of Now: How to set your Mind into Taking Action Now so You Can Achieve Your Dreams address the problem of our minds by giving us stratgies and steps to overcome procrastination. Hutchinson first addresses the fears that many of us secretly harbour: fear of failure and rejection. But the book isn t merely about motivation, but also about address the disorganization that can keep us stuck in our old, last-minute routines. The Power of Now gets the reader into action immediately with journaling prompts to identify our unique core values, and some long-term goal setting. The beauty of Hutchinson s method is succinctness - you won t spend all day on the goal-setting process here. She is challenging us to start somewhere, and get motivated to small but meaningful action today. Whether you have a long history of worrying or simply want to learn but concentration habits, Hutchinson s chapter on connecting with the present is by far one of the most valuable chapters in the book. In it, she addresses the value of mindfulness: focusing on today, and not...

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