



Pushing Through Fear, Stereotypes and Imperfections: How to Coach Yourself Through Life's Challenges and Boost Your Mental Health (Paperback)

By Amina Chitembo

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.An excellent book for anyone who is suffering fear of pursuing their dreams. Life changes throw challenges at us. Often people are stereotyped by circumstances and bullied for imperfections. The experiences can lead to mental health issues such as anxiety and depression. With ever-increasing health care costs, we are all looking for early interventions and support, that is where self-coaching comes in. The author Amina Chitembo, a proud dyslexic who calls herself The Happily Imperfect Leader™, shares practical tools for dealing with real-life issues, including mental health, financial stability, divorce, and starting over. This easy-to-read book teaches you how to coach yourself through your fears, stereotypes and embrace your imperfections. The author aspires to help you regain control of your life and achieve those goals you have been putting off. No theories, no fuss, just real-life coaching. Best of all, it is easy reading, even for non-readers. Read it, take action, and you will soon start feeling the happiness that you deserve. You will love it! Praise for the book. Reader's Favourite and other professional editors rated it 5 Stars....



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