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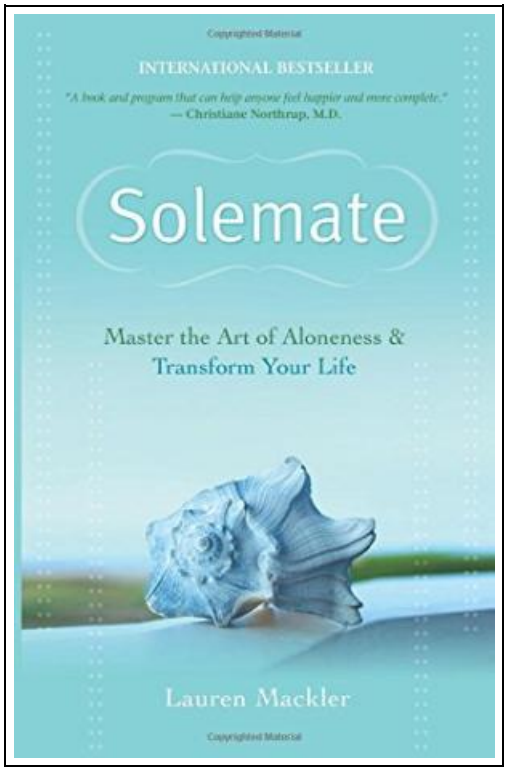

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Reviews

Extensive guide! Its this kind of excellent read through. it absolutely was writtern very perfectly and helpful. Your way of life period is going to be change when you complete reading this ebook.

(Murphy Dooley)

SOLEMATE: MASTER THE ART OF ALONENESS TRANSFORM YOUR LIFE

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Hay House. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 8.3in. x 5.3in. x 1.0in.In Solemate, Lauren Mackler provides a groundbreaking road map to help people achieve mastery of their lives. Drawing from her own experiences; those of her clients; and the fields of psychology, physiology, sociology, holistic healing, and strategic business practices, Mackler provides the practical information, tools, and exercises to show you how to be independent and stand on your own two feet. Mastering the art of aloneness is about becoming the person you were meant to be, treating yourself well, and shedding the old beliefs and behaviors that limit your ability to live a healthy, happy, secure, and satisfying life. Quizzes and guided journaling help you identify the core limiting beliefs and fears that keep you from being whole and happy with yourself. Mackler teaches you to overcome these beliefs through deliberate living exercises that help align your actions with your desired results. She then helps you liberate your authentic self, so you know exactly who you are. Finally, she leads you through the process of creating a life vision to help you achieve any goal you set for yourself. Solemate is not about being alone, it is about developing the self-awareness, life skills, and emotional intelligence needed to live a full, happy, successful, and financially secure life. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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