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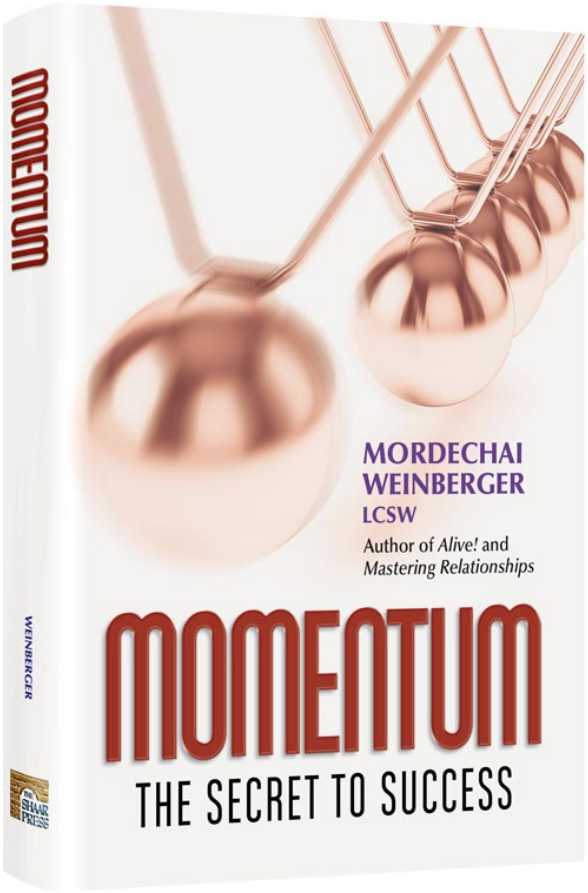
Momentum



Price: ~~$29.99~~ $20.09

Description

The Secret To Success

By Mordechai Weinberger LCSW (Author)

Product Details

Format : Hardcover

Pages : 370

Dimensions : 6 x 9 inches

Weight: 1.6 LBS
Size : Standard
Language: English

Description

Did you ever wonder what stops you from getting to your goals? This powerful book by master therapist Rabbi Mordechai Weinberger LCSW lets us hear the inner voices that hold us back, and then arms us with dozens of powerful strategies to rev up our momentum and use our gifts to their fullest.

Broken into short, readable and doable steps, Momentum will show us how to

- Use the "Winners Formula for Success" to achieve our full potential
- identify the voice of "The Opposition" and move way beyond it
- Recognize the cognitive distortions that get in our way - and overcome them
- STOP STOPPING and get the momentum that will lead us to where we want to be!

To make our journey to fulfilling our potential easier and, yes, just plain fun, Momentum also includes cartoons, motivational quotes, and tests to help us become more self-aware.

So get that momentum going - and get ready to toss away your excuses and live your best life!

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Sample Pages