

COACHING YOUR INNER CHILD



A COMPLETE ROAD MAP
FOR YOUR INNER JOURNEY

PETER FRITZ
WALTER

Coaching Your Inner Child Complete

Tony Jeton Selimi



Coaching Your Inner Child Complete:

Coaching Your Inner Child Peter Fritz Walter, 2014-08-28 Coaching Your Inner Child is a systematic road map for the whole of the procedure of Inner Child Recovery Healing and Artwork It is a selfhelp guide and provides many examples and sample dialogues The content has been structured so as to provide some meat for all tastes Each of the main chapters is different in style and addresses issues that speak to a different inner self Exclusiveness in fostering only the Inner Child is unwise and not recommended since the other main actors of our inner stage your Inner Parent and your Inner Adult which compose your inner team are always present and active thus they have to be involved if an effective outcome of voice dialogue is to be achieved Only once a flexible and dynamic equilibrium within this inner team is achieved the person can be said to play out her full potential of personal power creativeness and inner strength That means this inner process is a truly religious quest this however does not imply that it is for that reason a strictly serious affair In the contrary working with the Inner Child is highly amusing at times and that punch of humor and wit is one of the most rewarding aspects of inner child work for it is one of the most typical character traits of the recovered and healed Inner Child *The Coach's Guide to Completing Creative Work* Eric Maisel, Lynda Monk, 2023-06-27 This book brings together 38 creativity coaches from around the world to offer coaches therapists creatives and clients accessible and practical tools to get their creative work done Curated by two leading creativity coaches these chapters seek to help coaches and clients alike tackle common challenges that all creatives face when finishing a project Chapters cover topics such as procrastination failure accountability perfectionism mindfulness the importance of support perseverance and more with each section finishing with tips for both clients and coaches that can be used in sessions Filled with rich case studies and true stories from creativity coaches throughout this book addresses the current issues of our times such as the distractions of social media remote working and the effects of the COVID 19 pandemic Applicable to a range of creative disciplines this book is essential reading for coaches therapists and their creative clients looking to complete their creative work efficiently and effectively *The Concise Coaching Handbook* Elizabeth Dickinson, 2018-07-09 Utilizing a coach approach with oneself and others enables quicker and more effective progress towards goals This book identifies the crucial coaching qualities and actions to increase motivation engagement and performance Through exercises and examples the author demonstrates how to ask compelling questions how to create effective action by constructing SMART goals and how to hold yourself and others accountable Additionally she illustrates how presence and attitude active listening compelling questions setting goals and accountabilities and encouragement and feedback function in a coaching relationship Drawing from neuroscience case studies and personal experience she shows how to use these specific techniques to create more fulfilling relationships and results The Concise Coaching Handbook ends with three brief case studies of for profit and non profit organizations who have committed to creating a coaching culture and the benefits they've received *The Coach's Casebook* Joan Swart, Christine

Guirguis,2023-07-03 What skills do I need to craft clear and effective coaching questions How do I set goals for my clients What do I need to be aware of when coaching with different personalities and facing mental health conditions The Coach s Casebook answers these questions and provides coaches with a thorough grounding in the knowledge competencies tools and techniques they need to coach employees to reach their full potential This book also explains how these coaching tools and techniques apply in practice to boost personal development performance and wellbeing There is extensive coverage of how to apply coaching interventions to manage work life balance and prevent burnout at work and at home and how to combine coaching and mindfulness as well as how to encourage clients to develop a growth mindset and reframe imposter syndrome Specific guidance on active listening coaching high performers and those with high potential leadership coaching coaching minorities and underrepresented groups and how to coach challenging personalities is also given This practical guide is supported by case studies and scenarios throughout taking from real life coaching is for those new to coaching and those in the intermediate stages of their career The Coach s Casebook contains everything needed to allow clients to flourish

I Can Coach Siddharth Rajsekar, Welcome to I CAN COACH Stories Of Transformation Volume 1 a celebration of the power within all of us to transform lives This book series written by Siddharth Rajsekar the founder of the Internet Lifestyle Hub is a testament to the potential for change and growth that resides within each of us Drawing on over 10 years of research and 5 years of practical implementation in building thriving digital communities Siddharth Rajsekar illuminates the transformative power of digital coaching through his successful students In a world where traditional education systems struggle to keep pace with rapid change I CAN COACH introduces a dynamic flexible and individualized approach to learning The book showcases over 45 inspiring stories of real people who have embraced the Freedom Business Model process These stories represent individuals from all walks of life who have turned their knowledge into vibrant ecosystems facing obstacles with unwavering determination From teachers to tech enthusiasts artists to entrepreneurs these individuals have discovered the magic of creating thriving digital communities I CAN COACH is more than a book it s a call to action It offers hope to those who ve doubted their potential those who ve felt constrained by circumstances and those who ve questioned the feasibility of their dreams This series delivers a simple yet profound message You have the power to coach to transform lives and to create your own path to success Accessible to all readers from the youngest to the oldest I CAN COACH invites you to embrace the belief that you can inspire and lead turning your knowledge into a fulfilling and financially abundant life Siddharth Rajsekar s experience as the founder of the Internet Lifestyle Hub has witnessed countless transformations from teachers becoming digital entrepreneurs to homemakers becoming influential coaches This book is your guide your inspiration and your reminder that greatness is within your grasp No matter where you start this book will show you where you can go Let these stories empower you to chase your dreams with unwavering determination Always remember I can is the most potent phrase in your arsenal **Effective Statements (1039 +) to Be Your Own Best Coach** Nicholas Mag,

The Miracle In this book Nicholas presents you a practical unique subliminal very simple detailed method of how to Be Your Own Best Coach You will feel the effects immediately and the results will appear very quickly So it was in my case You will not achieve fulfillment and happiness until YOU become the architect of your own reality Imagine that with a few moments each day you could begin the powerful transformation toward complete control of your own life and well being through this unique subliminal method combined with positive affirmations The order of words is extremely important for every book written by Nicholas These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being blockages that are bringing disease or failure on various plans You don t need a big chunk of your time or expensive programs Everything is extremely simple Health money prosperity abundance safety stability sociability charisma sexual vitality erotic attraction will optimism perseverance self confidence tenacity courage love loving relationships self control self esteem enthusiasm refinement intuition detachment intelligence mental calm power of concentration exceptional memory aspiration transcendence wisdom compassion You have the ability to unlock your full inner potential and achieve your ultimate goals This is the age old secret of the financial elite world class scholars and Olympic champions For example when you watch the Olympics you ll find one consistency in all of the champions Each one closes their eyes for a moment and clearly affirms visualizes themselves completing the event flawlessly just before starting Then they win gold medals and become champions That s merely one example of how the real power of mind can elevate you above any of life s challenges By reading this book you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill Nicholas will guide you to touch your longed for dream and will make you see life from a new perspective full of freshness and success This book helps you step by step in a natural way in just 3 minutes a day to change your misguided way of thinking and to Be Your Own Best Coach NOTE For good Nicholas keep the price of the book as lower as he can even if is a hard work behind this project A significant portion of the earnings from the sale of the book are used for these purposes for charity volunteer projects nature restoration and other inspired ideas to do good where it is needed If you can not afford to buy the book please contact Nicholas and he will give you a free copy You also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing You will feel the difference Yes The Miracle is possible Get Your Copy Now **Find Your Own Path** Fiona Buckland,2023-03-16 Embark on a journey to living your most fulfilling authentic life with the help of life coach Fiona Buckland _____ You are not in the waiting room of life This is it You sense you have more potential more to give to your life more of you but the way forward isn t clear You re not alone This is a practical guide to fulfilling your potential and living authentically to finding your own path in life based not upon fleeting happiness but on fulfilment and meaning Life coach Fiona Buckland expertly guides you through twelve key steps using reflections activities and insights from her coaching casebook and her own personal experience to keep you going on this journey You ll discover how to Separate From Your Old Scripts Build Your Compass

Make Peace With Inner Critics Saboteurs Find Allies Replenish your Energy Make Better Decisions Nurture your Ideas Raise Your Resilience Tell Your Story It takes inner work to make outer change What you ll learn from this book will transform your life in ways you might not yet be able to imagine _____ **Coach Yourself!** Antonia Bowring,2023-09-18 Become the best version of yourself using these practical frameworks exploring the power of performance coaching from a Top NYC Executive Coach Coach Yourself is a guide for people who are committed to increasing their awareness about behaviors that aren t serving them at work or in the rest of their lives and then taking the necessary actions to move forward If you re ready to explore changing habits and behaviors to improve how you show up in work and life this book is for you With practical and accessible frameworks exploring the power of performance coaching Top NYC Executive Coach Antonia Bowring teaches readers to use her performance coaching formula increased awareness changed behavior flourishing individual and thriving work performance Bowring offers recipes frameworks and tools you can use to navigate the exhilarating and inevitably bumpy journey through your professional life You ll discover Foundational definitions and concepts including discussions about the different kinds of coaching the benefits they bring to the table and the processes they use The importance of your values and how they anchor your progress through your coaching journey Communication strategies used by the world s most effective problem solvers and decision makers in the world While this will be an essential guide for professionals and leaders anyone can pick up this book and apply the frameworks to various aspects of their life The essence of coaching is that we have the answers inside ourselves and the role of the coach is to help us access our own answers **Life Coach 201: More Success Keys to Weight Loss, Love and Business** Phyllis G. McDaniel,2010-09-08 How many of us have felt that our life was going nowhere and that our relationship or marriage was unsatisfactory and have wished that we could make a change for greater happiness success love or improved self image Well we can turn our life around The keys in this Volume II of the 5 part series LIFE COACH 201 MORE SUCCESS KEYS TO WEIGHT LOSS LOVE AND BUSINESS can enable each of us to make the difference that we have been seeking for self development and betterment happiness love and business success Read and be inspired to make the changes to become the person you have always wanted to be and to have the life you have always dreamed of You can do it **The Complete Guide to Astrological Self-Care** Stephanie Gailing,2021-04-27 The keys to wellness are written in the stars In The Complete Guide to Astrological Self Care astrologer Stephanie Gailing shares a modern day approach to the ancient healing art of medical astrology Astrology is a stellar language that allows us to understand the nuances of who we are and how to live our life with more insight and awareness And while we may look to our zodiac signs to help us navigate our relationships career finances and family matters did you know that astrology can also play quite a pivotal role in helping us optimize our vitality and well being From passionate Aries to sensitive Pisces and all the signs in between each astrological profile is associated with a unique temperament and different needs when it comes to nurturing body mind and spirit Knowing these can help you personalize your self care

regimen by incorporating natural remedies and wellness practices more aligned with your signs Divided into twelve chapters one for each zodiac sign The Complete Guide to Astrological Self Care includes an array of holistic lifestyle approaches that will help you curate an astrologically aligned self care regimen For each sign you ll find dozens of recommendations in categories including Areas of Health Focus Eating Tips Health Supporting Foods Wellness Therapies Relaxation Practices Natural Remedies Essential Oils Flower Essences Yoga Poses Sleep Tips In addition you ll also discover ways to bolster your well being by connecting to the celestial cycles featuring topics such as Stellar Life Stages You ll discover a road map including an array of wellness strategies and journaling questions to navigate your self care from your twenties to your eighties based upon astrological invitations that occur at different times in our lives The Moons You ll learn about the twenty four different New Moons and Full Moons including the opportunities and challenges each one brings You ll find affirmations you can do on each lunation as well as self care rituals to undertake and several questions to use as journaling prompts Planetary Retrogrades Get a deeper understanding of the opportunities for awareness that Mercury Venus and Mars Retrograde yield You ll discover strategies to sidestep stress self care suggestions ways to work with your dreams meditation techniques flower essences supportive crystals and journaling questions The Complete Guide to Astrological Self Care is part of the Complete Illustrated Encyclopedia series elegantly designed and beautifully illustrated books that offer comprehensive display worthy references on a range of intriguing topics including dream interpretation techniques for harnessing the power of dreams flower meanings and the stories behind signs and symbols Also available in the series The Complete Book of Birthdays The Complete Language of Flowers and The Complete Book of Dreams [The Art of Becoming Whole](#) Pooja Khanna,2020-10 Are you looking to be in tune with yourself and understand why you are the way you are and respond the way that you do Are you looking to release thoughts and patterns which don t serve you anymore We are all a combination of divine and human qualities We all struggle with our flaws and triggers Becoming conscious of them allows us to reclaim our power and rewrite a new path forward for ourselves This is the first step to Becoming Whole Written in a simple yet profound manner each chapter in this book focuses on one aspect of your inner being that needs to be brought into wholeness As you read this book you will Respond to your triggers with a lot more self awareness and begin to ask yourself What is this situation asking me to change about myself Release your disappointments and victim stories bringing much needed growth and peace in your life Develop a strong sense of self worth by letting go of the need to seek validation from others Are you ready to become whole ABOUT THE AUTHOR Pooja Khanna is a Wellness Entrepreneur Public Speaker Author and a Spiritual Wellness Life Coach She founded a platform connecting people to hundreds of holistic wellness practitioners and healers in New York Formerly a Corporate Executive with an illustrious career spanning 13 years in top Fortune 100 companies Pooja is an avid believer in bringing change in your life through deep inner work She is a lover of meditation nature walks art therapy and travel *12 Steps of Self-Leadership* Doug Lester,Cheryl Lester,2016-01-11 Self leadership is

about realizing the power and potential that is in you and everyone you meet The world needs you now in your imperfection and in the midst of your formative processes You do make a difference The important question is What kind of difference do you make You are about to set out on an exciting exploration of your inner world The 12 Steps of Self Leadership is designed to help you identify and overcome the beliefs and behaviours that are holding you back clarify and leverage your strengths and natural giftings increase your Difference Making Quotient live and lead on purpose This transformational guide is relevant at any stage of your life or leadership journey and will help you increase your awareness and effectiveness in life work and relationships By fully engaging in the 12 Steps of Self Leadership you will dramatically increase your Difference Making Quotient and your ability to lead Self and others *Very Intentional Parenting* Destini Ann Davis,2022-08-30 A different kind of parenting book that helps parents improve themselves first so they can then be better parents to their kids It s time for a fresh approach to parenting Isn t it time for a parenting book that is practical and relatable Destini Ann Davis is a working mom and parenting coach who read dozens of parenting books and made all the typical parenting mistakes before realizing that in order to have a peaceful positive relationship with her children she first needed to have a peaceful positive relationship with herself *Very Intentional Parenting* features a fresh down to earth approach to parenting from someone you can relate to Through real life examples from her experiences as a mom and parenting coach she gives readers actionable strategies for tackling many of today s most challenging parenting scenarios using positive discipline techniques effective communication and emotional intelligence She ll encourage you coach you and help you become the parent you ve always desired to be If you re a parent looking for more connection and collaboration in your relationship with your child you ve come to the right place Here s what you ll find inside A fresh energetic take on parenting in today s world Practical tips for creating open and constructive dialogue with your kids Parent focused insights to empower you to heal so you can then avoid fear and trauma based parenting strategies Actionable steps to increase respect in your home while still preserving the parent child relationship **Force for Good** John Blakey,2024-08-03 As the business world pivots from profit to purpose leaders need to access a new set of behaviours tools and approaches to stay motivated authentic and successful *Force for Good* will help leaders examine whether their current behaviours ways of working and business strategies are appropriate to the ethical intellectual and emotional challenges of the purpose driven business life John Blakey proposes that without new ways of working purpose driven leaders will become increasingly alienated confused and ill prepared for the challenges and transforming their business *Force for Good* explores the practical challenges facing purpose leaders Taking abstract or confusing jargon fuelled terms the book provides a collection of common sense techniques and practical tools that any busy performance focused leader can quickly deploy to build better and more purposeful organizations **Coaching for Breakthrough Success: Proven Techniques for Making Impossible Dreams Possible** Jack Canfield,Peter Chee,2013-07-16 A guide through the top thirty principles for business and executive coaching success and includes personal

stories and case studies Simplicity Jennifer Wilson, 2024-11-21 Rediscover the Power of a Simple Connected Life What if the change you seek in the world starts with you Simplicity is your guide to unlocking the ancient wisdom within empowering you to transform not just your life but the world around you In these pages you ll discover how to Raise your vibration to attract peace joy and abundance Open your heart and mind to life s limitless possibilities Reconnect with traditional practices and beliefs that hold the keys to healing a divided world Embrace mindfulness and gratitude to create a life of purpose and balance This is more than a book it s a call to action By aligning with ancient wisdom and living in harmony with yourself and others you can help bridge the divides in our world one conscious choice at a time **The Handbook of Knowledge-Based Coaching** Leni Wildflower, Diane Brennan, 2011-06-28 PRAISE FOR THE HANDBOOK OF KNOWLEDGE BASED COACHING Definitive with extensive references and a commitment to connecting theory to practice in every chapter this important contribution is a delicious and wide ranging exploration of the lineages that have shaped the modern practice of coaching Doug Silsbee author Presence Based Coaching and The Mindful Coach The translation of theories from multiple disciplines to the practice of coaching makes this book a must read Terrence E Maltbia senior lecturer Adult Learning and Leadership and faculty director Columbia Coaching Certification Program Teachers College Columbia University If you have an appetite for the scientific roots of what works best in coaching and you are hungry for an easy to digest translation of the science to practice this book is a feast and will be on your plate for many years to come Margaret Moore Coach Meg founder and CEO Wellcoaches Corporation and codirector Institute of Coaching McLean Hospital Harvard Medical School Whether you re a beginner or an experienced coach this rollicking ride through dozens of the most important theories and perspectives in coaching will be a vital companion With quick and helpful summaries of key ideas and their use and selective bibliographies should you wish to go deeper into a particular area this book will help you support your clients in a targeted and sophisticated way Jennifer Garvey Berger author Changing on the Job Growing the Leaders Our Organizations Need and coeditor Executive Coaching Practices and Perspectives This is a book I have been missing What a pleasure to read and what a stretching of my mind Kim G rtz senior consultant Copenhagen Coaching Center Anyone who is serious about improving the quality of coaching will find The Handbook an invaluable resource that reflects the breadth and richness of the growing evidence based approach to coaching practice David Clutterbuck visiting professor in the coaching and mentoring faculties Oxford Brookes and Sheffield Hallam Universities **CHRISTIAN LIFE COACHING** Kit H. Lui, 2024-01-15 Thank you for taking the time to read this book This book Christian Life Coaching The Intersection of Faith Psychology and Life Coaching and Overcoming ADHD and OCD has been a labor of love for me It represents my metaphorical personal journey of overcoming my mental disabilities by integrating Christianity psychology and life coaching as holistic resources It was an exploration of intellectual curiosity spiritual faith and desire to unify these three areas of knowledge for practical use for Christians For much too long these three areas of expertise developed separately and it took recent academia to explore

these themes as an interdisciplinary approach This book is for Christians and non Christians to use as a guide explanation and practical tool to overcome ADHD and OCD specifically and generally to achieve personal transformation and growth as humans living our time in this world as material beings Hopefully the discussion will be persuasive for both Christians and the secular world of cognitive behavioral psychology I am not an expert in Christian theology nor in pastoral counseling nor a clinical psychologist nor a professional psychiatrist What I know is what happened to me on my personal journey to overcome ADHD and OCD I was seeking intellectual justification for what worked for me I hope this will be useful for the reader of my book However this theory or life coaching practice has not been tested scientifically nor in any quantifiable experiments We leave this task for further research I am a practicing lawyer with over 25 years of experience in private law practice in Canada and as in house legal counsel for Hong Kong companies I am a Christian and have been since 2011 My interest slowly moved in the direction of life coaching as an outlet for my frustrations as a lawyer We tend to give legal and business advice in a rational manner However I saw that myself clients and corporate stakeholders that I dealt with needed something special and not necessarily legal solutions for their business and personal problems This solution is related to their holistic personalities which became clearly visible under stress and personal conflict I knew that lawyers by training were not equipped nor should they be with life coaching tools from a Christian perspective Thus I thought the answer would be to categorize it as a new discipline or profession called Christian Life Coaching In my exploration and pursuit of writing this book I can across the idea of using Artificial Intelligence AI to research and seek answers to our questions on Christian life coaching and how AI can be used as a tool to assist clients I started to use the POE app readily available in app stores to assist in the writing of this book Much of the content is taken from my KitlulifeBot on POE I created this Bot from the perspective of a Christian life coach reflecting some of the principles described in this book Please feel free to explore on your own In fact the attached Appendices are a product of such questions directed to KitLuiLifeBot and is useful for common questions to ask a Christian life coach I hope this book will transform your life make you a stronger Christian and help you to deal with bad habits learned in your past This is a lot to expect so be patient and I hope the journey is worth the effort I know this book has helped me my colleagues Christian brothers secular friends and clients As a Christian life coach I have observed that the intersection of faith psychology and life coaching holds immense potential for transformation and healing Through the combination of these three elements individuals can experience holistic growth and align their lives with God s purpose Firstly it is crucial to acknowledge that Christian life coaching is not limited to a denominational categorization but encompasses all those who profess their faith in God Jesus and the Holy Spirit This inclusive approach allows for a diverse range of individuals to benefit from the guidance and support offered by a Christian life coach One of the key aspects emphasized in Christian life coaching is the centrality of God By making God the focus of coaching individuals are guided towards aligning their lives with His will and experiencing His transformative power This approach acknowledges that

human goals dreams aspirations and gifts often come from God and can be aligned with His purpose Moreover Christian life coaching recognizes the importance of integrating psychological insights with biblical teachings This integration allows individuals to gain a deeper understanding of themselves navigate their emotions and develop effective coping mechanisms By critically evaluating and integrating psychological approaches with biblical principles individuals can find healing and transformation Creating a safe and non judgmental space is also essential in Christian life coaching By actively listening empathizing and offering support based on both psychological insights and biblical principles life coaches can facilitate individuals inner exploration and healing journey Encouraging clients to rely on the power of prayer seek solace in scripture and incorporate spiritual practices further enhances their healing process As Christian life coaches we strive to model authenticity and transparency in our own faith journey Sharing our personal experiences of relying on God s guidance and seeking His healing can inspire and encourage clients to deepen their own faith and trust in God In conclusion Christian life coaching at the intersection of faith psychology and life coaching offers a transformative and holistic approach to personal growth By integrating psychological insights with biblical principles relying on prayer and scripture and creating a safe space for individuals to explore their inner struggles Christian life coaches guide clients towards true healing and transformation This unique combination enables individuals to align their lives with God s purpose and experience the abundant life He desires for them Also I would like to briefly describe what this book does not do for the general reader Mostly this is the author s personal narrative and journey of overcoming mental disabilities through the integration of Christianity psychology and life coaching Hopefully my experiences and insights will help others on their own transformational paths The purpose of this book is not to provide scientific evidence and research to support the theories and practices discussed in the book We will leave this task to others who are more capable than me in this area of expertise 13

Taming Your Outer Child Susan Anderson, 2011-01-25 FINALLY THE BREAKTHROUGH BOOK THAT PUTS YOU BACK IN CONTROL OF YOUR LIFE Most of us have met our Outer Child once too often The self sabotaging bungling and impulsive part of the personality This misguided hidden nemesis the devil on your shoulder blows your diet overspends and ruins your love life A menacing older sibling to your emotionally needy Inner Child your Outer Child acts out and fulfills your legitimate childlike needs and wants in the wrong place at the wrong time and in counterproductive ways It goes for immediate gratification and the quick fix in spite of your best laid plans Food attention emotional release your Outer Child usually gets what it wants and your Adult self can feel powerless to stop it Now in a revolutionary rethinking of the link between emotion and behavior veteran psychotherapist and theoretician Susan Anderson offers a three step paradigm shifting program to tame your Outer Child s destructive behavior This dynamic transformational set of strategies action steps that act like physical therapy for the brain calms your Inner Child strengthens your Adult Self and releases you from the self blame and shame that are the root of Outer Child issues and paves new neural pathways that can lead to more productive behavior

Discover the common Outer Child personality types including the Drama Queen the Master of Disguise My Way or No Way and Love the Getting not the Having proven techniques to resolve underlying sources of self sabotage insights that will allow you to stop blaming your supposed lack of willpower for your problems key strategies for healing the painful issues of your past mental exercises that effectively deal with Outer Child challenges around food procrastination love debt depression and more As your head heart and behavior come together and learn to help not hurt one another your strong Adult Self contented Inner child and tamed Outer child will become a reality The result is happiness and fulfillment self mastery and self love From the Hardcover edition **The Unfakeable Code®** Tony Jeton Selimi, 2021-04-09 Discover a powerful framework that will help you reinvent your life and become the master of your own destiny Tapping into the secrets and science behind authentic living leading and loving The Unfakeable Code offers you a robust five step methodology for business personal and professional transformation It explores how to harmonize your body mind heart intelligence to effortlessly handle negativity triumph over stress and create a meaningful purpose driven life Combining over 40 years of research studies and inspiring personal testimony author Tony Jeton Selimi's enlightening advice will help you re-examine the rules traditions and thought processes that no longer serve you and provide you with a code to re-program your mind take back control and live freely In this book you'll discover a fresh new way to Free Yourself From Judgement and Learn To Be Comfortable In Your Own Skin Handle Rejection In A Healthy Way That Doesn't Stop You From De-Railing Your Dreams Manage Negative Self Talk and Turn Fear Into a Powerful Motivator Stop Being a People Pleaser and Take Your Life In The Direction You Want To Go Harness The Power of Your Emotions In a Productive and Rewarding Manner Infuse Your Life With a Limitless Sense of Freedom and Untapped Potential And Much More Designed to motivate challenge and inspire you to start living life on your own terms this must read book seeks to guide you on your path to self realization and allow you to be more authentic at home work and beyond If you want to let go of feeling powerless and out of control it's time for you to discover the power of an Unfakeable personality

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Coaching Your Inner Child Complete Introduction

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