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Unstuck And
Unstoppable:
**Unstuck And
Unstoppable:
Simple 5 Minute
Hacks To Break
Free From Fear,
Stress, Or
Hopelessness
To Break Free
From Fear,
Stress, Or
Hopelessness
Step Into A**

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Unstuck And
**Purpose Filled
Life**
Simple 5 Minute

Hacks To Break
It's Sunday
afternoon. You're
rounding out your
weekend with
friends and family,
and life is feeling
great. But as the
hours pass, you start
to see Monday

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Free From Fear,
Stress, Or
Hopelessness
Step Into A
Purpose Filled
Life

approaching and you
get that pit in your
stomach. Call it the
Sunday Scaries, the
Sunday Jitters, the
Sunday Angst, or the
Sunday Existential
Crisis of "What am I
even doing with my
life?" We've all been
there. I lived my life
trying to escape the

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Unstoppable:
Sunday Jitters,
dreading Mondays,
and holding my
breath through the
week while counting
down to weekends
for all too long until
I decided enough
was enough. I
learned (almost too
late) in my life that
taking a proactive

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approach to my days
Simple 5 Minute
led to a calmer me.
Hacks To Break
A less frantic me.
Free From Fear,
This all happened
Stress, Or
when I developed a
Hopelessness
simple system to
Step Into A
check in on myself
Purpose Filled
every Sunday to get
Life
rid of the angst I was
feeling. I started
calling it my
Unstoppable

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Unstuck And
Unstoppable:
Sundays. In this
Simple 5 Minute
book, I teach you
Hacks To Break
five actionable steps
Free From Fear,
you can start taking
Stress, Or
today to get more
Hopelessness
proactive in your life
Step Into A
to become the
Purpose Filled
unstoppable person
Life
you have within you.
You're stuck. You
thought you were on
the path to your

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Unstoppable:
dream job, but
Simple 5 Minute
you've been in the
Hacks To Break
same cubicle for
Free From Fear,
four years. You
Stress, Or
thought you'd found
Hopelessness
the right person, but
Step Into A
you're starting to
Purpose Filled
understand the
Life
relationship was
never anything but a
dead end. You
hopped on the scale

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Stress, Or
Hopelessness
Step Into A
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this morning, and
you realized those
ten extra pounds
aren't going away
anytime soon. You
go to church every
Sunday, but you
haven't found the
intimacy with God
you crave. When
you imagined what
your life would be

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Unstoppable:
like, you never
Simple 5 Minute
thought it would be
Hacks To Break
this. Valorie Burton,
Free From Fear
certified life coach
Stress, Or
and bestselling
Hopelessness
author of Successful
Step Into A
Women Think
Purpose Filled
Differently (over
Life
100,000 copies
sold), has a different
plan. In her stunning
new book, she uses

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Unstoppable:
wisdom from God's
Simple 5 Minute
Word and the
Hacks To Break
principles of positive
Free From Fear,
psychology to help
Stress, Or
you make major life
Hopelessness
changes, take risks,
Step Into A
and find the joy
Purpose Filled
you've been
Life
searching for. It's
time to get out of
your rut. You have
the power to change

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your life—starting
today!

Simple 5 Minute
Hacks To Break
Free From Fear,
Stress, Or
Hopelessness
Step Into A
Purpose Filled
Life

Discover the eternal
value of your finite
time—and
intentionally choose
the meaningful over
the urgent every
single day. Our
culture makes it so
that even the most
organized and

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Free From Fear,
Stress, Or
Hopelessness
Step Into A
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Life

efficient among us
feels the pressure of
the ticking clock and
the possibility and
regret of missing
out. Modern life has
evolved in a way
that sets us up for
stress, pressure, and
overload. New
norms and attitudes
tap into deeply-

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Unstoppable:
wired psychological
Simple 5 Minute
impulses that make
Hacks To Break
it harder than ever to
Free From Fear,
take control of your
Stress, Or
time. Many of us
Hopelessness
also have innate
Step Into A
personality traits that
Purpose Filled
make the struggle
Life
even worse. No
wonder time can
become a tyrant that
leaves us chronically

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Unstoppable:
stressed and
Simple 5 Minute
discontented. Unlock
Hacks To Break
an approach to life
Free From Fear,
that bestselling
Stress Or
author Valorie
Hopelessness.
Burton calls “living
Step Into A
timelessly.” You
Purpose Filled
will come to
Life
understand 1) the
gradual changes that
have led us to a
place where having

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Stress, Or
Hopelessness
Step Into A
Purpose Filled
Life

too much to do and
too little time to do it
is the norm, 2) the
vision for what it
could look like if
you were free from
the stress of time and
how to blast through
the obstacles to
those possibilities,
and 3) the practical
steps to choosing the

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Unstuck And
Unstoppable;
meaningful over the
Simple 5 Minute
urgent so that your
Hacks To Break
life is unhurried yet
Free From Fear,
purposeful and
Stress, Or
reflects the values
Hopelessness
and impact that are
Step Into A
unique to you. It's
Purpose Filled
About Time helps
Life
you reimagine a life
that is meaningful, at
a pace that is natural,
with a load that is

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Simple 5 Minute
Hacks To Break
Free From Fear,
Stress, Or
Hopelessness
Step Into A
Purpose Filled
Life

doable and equips
you with the tools to
make it happen.

Those who get
unstuck, become
unstoppable. Do you
ever feel like you are
stuck in your current
situation? Are you
living a life fueled
by faith, or are you
barely functioning

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Unstoppable:
on fumes? How do
Simple 5 Minute
you practically get
Hacks To Break
unstuck and become
Free From Fear,
unstoppable? This
Stress, Or
book will tell you on
Hopelessness,
every page that if
Step Into A
you have breath in
Purpose Filled
your lungs, God has
Life
a plan for your life—a
plan that is far
better, bigger, and
immeasurably more

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Hacks To Break
Free From Fear,
Stress, Or
Hopelessness
Step Into A
Purpose Filled
Life

than anything you
have ever imagined.
Jesus wants you to
become unstuck, so
that you can become
unstoppable. In
order for you to do
that, the author is
deeply convinced
that there are four
areas of your life
that need to be

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Unstuck And
Unstoppable:
closely examined
Simple 5 Minute
and skillfully
Hacks To Break
investigated. In
Free From Fear,
Forward, Bogdan
Stress, Or
Kipko contends that
Hopelessness
the same God who
Step Into A
can move mountains
Purpose Filled
can do even greater
Life
miracles through
your life. Kipko
reminds us that long
before we existed,

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Unstuck And

Unstoppable:
Jesus created a plan
Simple 5 Minute
for our existence.

Hacks To Break
The message of
Free From Fear,
Forward will make
Stress, Or
being stuck the
Hopelessness
exception (rather
Step Into A
than the norm) and
Purpose Filled
re-align us to move
Life
forward by faithfully
following Jesus.

Building State

Capability

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How to Use the
Simple 5 Minute
Power of NLP to Be
Hacks To Break
More Dynamic and
Free From Fear,
Successful
Stress, Or
Brave Enough to
Hopelessness
Succeed
Step Into A
How to Get Out of
Purpose Filled
Your Head and Live
Life
the Life You Were
Made For
Moving Forward
When Life Doesn't

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Unstoppable
Stress, Or
The Art of Choosing
Hopelessness
the Meaningful Over
Step Into A
the Urgent
Purpose Filled
Successful Women
Life
Think Differently
The author of
Listen to Your Life
introduces her

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effective four-week
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eliminating clutter
and chaos from
one's
overscheduled
lifestyle and
helping readers
rediscover those
things that matter
most, sharing her
Ten
Commandments of**

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**Self-Care and
offering tips on
how to assess
one's true
fear,
priorities and make
the most of one's
life. Original.
20,000 first
printing.**
**What's holding you
back? Seth Allen
Smith says look in
the mirror. It's
who, not what. All**

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Tools To Break
Free From Fear,
Stress, Or
Hopelessness
Stop Into A
Purpose Filled
Life

**of us feel trapped,
stuck, or unable to
move forward in
life at some point.
But ultimately, the
greatest obstacle
to achieving your
full potential is
you. But the good
news is you can
find the solution in
the mirror too.
This book combats
a destructive**

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Stress, Or
Hopelessness
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**mindset that we all
sometimes fall into
: I can't change. I
am the victim of
my circumstances
and confined by
my personal
limitations. This
philosophy,
intangible though
it is, destroys more
dreams and limits
more lives than
any actual,**

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physical obstacle.
Simple 5 Minute
Hacks To Break
Free From Fear,
Drawing on
Stress, Or
literature, history,
Hopelessness
and his personal
Step Into A
experiences with
Purpose Filled
chronic
depression, as well
as on encounters
with remarkable
"ordinary" people
who've beaten the

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odds, Smith
Simple 5 Minute
inspires us to see
Break To Break
that no matter how
Free From Fear,
dire our
Stress, Or
circumstances
Hopelessness
there is always
Step Into A
some positive step
Purpose Filled
you can take,
however small it
might be. He
doesn't sugarcoat
the difficulties or
offer promises of
overnight success.

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Unstuck And
Unstoppable:
**But he does
promise that if you
continue to see
yourself as a
victim you'll
remain frozen and
fearful. Nobody
wants that. We
may not be able to
control what
happens to us, but
we can always
control how we
react. We all have**

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Drinks To Break
Free From Fear,
the power to lift
ourselves out of
the abyss and into
the light.

You Can Get
Stress, Or
Unstuck Most
people aren't
brave enough to
live the life of their
dreams. But that
doesn't have to be
your story. Truth
is, living an
inauthentic life

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Unstoppable:
**isn't easy. It's
Simple 5 Minute
hard. It weighs you
down. It burdens
your spirit. But,
starting now, you
can transform your
fears into action.
Certified Personal
and Executive
Coach Valorie
Burton, author of
Successful Women
Think Differently
(over 200,000**

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Breakthroughs To Deal
With Fear,
Stress, Or
Hopelessness
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**copies sold), will
guide you toward a
breakthrough with
40 powerful tools,
teaching you to
get honest about
what you want and
remove the blocks
that prevent
progress end self-
sabotaging habits
that produce
anxiety release
perfectionism and**

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make real progress
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toward your goals
How To Deal
replace your self-
criticism with self-
compassion
Free From Fear,
Stress, Or
develop
Hopelessness
empowering habits
Step Into A
that bring joy,
Purpose Filled
productivity and
freedom Your
life
success requires
courage to face
your fears so you
can get unstuck

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and be
Simple, 5 Minute
unstoppable. You
can do it. It starts
right here. Brave
Enough to Succeed
is a revised and
expanded edition
of Get Unstuck, Be
Unstoppable.
How to Get
Unstuck introduces
readers to the ten
core principles at
the heart of

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becoming an
Simple 5 Minute
effective person
whose life Break
genuinely
Free From Fear,
flourishes and
Stress, Or
impacts others
Hopelessness
positively. Bad
Step Into A
news first: we all
Purpose Filled
get stuck. It's a
life
fact of life. But the
good news is that
it is possible to get
unstuck and
overcome the

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How To Break
Free From Fear,
Stress, Or
Hopelessness
Step Into A
Purpose Filled
Life

**obstacles to doing
great work and
getting the right
things done. The
question becomes:
How do you get
"unstuck" in your
productivity in
both work and
life—and how to do
it in a spiritually
healthy way? Matt
Perman—author of
What's Best Next**

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and director of
career
development at
The King's College,
NYC—has spent his
career helping
people learn how
to do work in a
gospel-centered
and effective way,
combining
theological
substance with
practical self-

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Unstoppable:
**management. In
Simple 5 Minute
Unstuck, he will
walk you step-by-
step through the
core principles that
free you to be
more effective in
everything you do
by helping you:
Understand how
you get stuck and
what your
obstacles are.**

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**Unstoppable:
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Drills To Deal
Free From Fear,
Stress, Or
Hopelessness
Step Into A
Purpose Filled
Life**

**Prepare to get
unstuck by
grappling with who
you are and how
you see yourself.
Develop a practice
of personal
management.
Overcome
obstacles and
adapt to
unforeseen
problems. Drawing
on the wisdom of**

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Unstoppable:
the Bible and on
Simple 5 Minute
the best of today's
research, How to
Get Unstuck shows
believers and non-
believers alike how
to live productive,
integrated lives
and develops a
poignant portrayal
of true
effectiveness.
*Included is a
detailed plan for

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**getting started
using the
principles and
applying them to
real life situations.
Get Unstuck, Be
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Master the Work-
Life Balance, Love
What You do, and
Become an
Unstoppable
Entrepreneur**

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your brain to
improve

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aspect of your
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life-based on
Free From Fear,
the latest
Stress, D
research in
Hypnosis
neurosciences
Stop It!
and psychology
Purpose Filled
on
Life
neuroplasticity
and evidence-
based practices
Not long ago,
it was thought

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that the brain
Simple 5 Minute
you were born
Hacks To Break
with was the
Free From Fear
brain you would
Sweat On
die with, and
Hopeless
that the brain
Stop The
cells you had
Purpose Filled
at birth were
Life
the most you
would ever
possess. Your
brain was
thought to be

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"hardwired" to
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function in
Hacks To Break
predetermined
Free From Fear,
ways. It turns
Stress Or
out that's not
Helplessness
true. Your
Step Into A
brain is not
Purpose Filled
hardwired, it's
Life
"softwired" by
experience.

This book shows
you how you can
rewire parts of

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the brain to
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feel more
Hacks To Break
positive about
Free From Fear,
your life,
Stay Calm
remain calm
during
Stressfulness
stressful
Step 1: A
times, and
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improve your
Life
social
relationships.
Written by a
leader in the

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field of Brain-
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Based Therapy,
Hacks To Break
it teaches you
Free From Fear
how to activate
Simple 5 Minute
the parts of
Hacks To Break
your brain that
Free From Fear
have been
Simple 5 Minute
underactivated
Purpose Filled
and calm down
Life
those areas
that have been
hyperactivated
so that you

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feel positive
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about your life
Hacks To Break
and remain calm
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during
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times. You will
also learn to
improve your
memory, boost
your mood, have
better
relationships,
and get a good

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based practices
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can be used to
Life
improve your
everyday life
Other titles by
Dr. Arden
include: Brain-

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Workbook Dr.
Arden is a
leader in
integrating the

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new
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developments in
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neuroscience
From Fear,
with
psychotherapy
and Director of
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daily living,
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guide you
through the
process of
changing your

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brain so you
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can change your
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limitations.
Introduction :
Step into a
the "long Filled
voyage of
Life
discovery" --
The big stuck
in state
capability --

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bearing : doing
too much too
soon --
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implementation
-- What type of

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capability is
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challenge of
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building (real)
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capability for
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implementation
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make radical
transformations
in health and
fitness,
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knows what is
really holding

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you back from
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profound life
Hacks To Break
change. He has
Free From Fear,
watched
Countless Or
people take
Happiness
ownership of
Step into A
their lives,
Purpose Filled
physically,
Life
mentally, and
emotionally—and
he has
witnessed, time

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and again, the
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precise instant
Hacks To Break
when a real and
Free From Fear,
massive shift
Stress, Dr
occurs, in a
Helplessness
person's
attitude. In
Step into A
Positively
Purpose Filled
Unstoppable, he
Life
brings his
understanding
of what really
moves people to

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change and own
Simple 5 Minute
their lives. It
Hacks To Break
begins when we
Free From Fear,
discover what
Stress, Over
we really want,
Habits, and
and then commit
Steps At
to follow the
Purpose Filled
steps that will
Life
turn that goal
into a reality.
Regardless of
where we are at
in our lives,

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it's possible
Simple 5 Minute
to have a
Hacks To Break
breakthrough.
Filled with
Fear,
lessons from
Page's life
that share his
own struggle to
find his
calling,
overcoming one
obstacle after
another,

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a bible for
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anyone who
Stress, Over-
needs to be re-
Inspired
inspired to
Step Into
follow their
Purpose Filled
dreams and take
Life
real action
towards the
things that
matter most to
them. Page's

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gift of
Simple 5 Minute
authenticity
Hacks To Break
has helped him
Free From Fear,
motivate those
Stress, Or
who may have
Helped
lost hope,ness
because he
Step into
truly
Purpose Filled
understands the
Life
incredible
power of self-
belief. Page
includes

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powerful
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transformation
Hacks To Break
stories, goal-
Free From Fear,
setting guides,
as well as a
sample workout,
eating plans
and delicious
gluten-free,
non-GMO recipes
from his wildly
popular fitness
program, DDPY.

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Positively
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Unstoppable is
your roadmap to
getting
Free From Fear,
“unstuck” and
taking the
steps needed to
create a
healthy,
magnificent
life.

Capability Fuel
was written to

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provide its
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readers with
Hacks To Break
the tools and
Free From Fear,
habits that
Streamline
maximize human
Hopedom
performance and
generate A
momentum toward
Purpose Filled
ideal outcomes.
Life
The author,
Joel Puthoff,
takes his
readers on an

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journey to
Hacks To Break
uncover the
From Fear,
challenges
holding Or
individuals
Stop Into A
back from
accessing peak
Purpose Filled
performance in
Life
areas of their
life, while
providing a
manual for

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developing your
most
Simple 5 Minute
transformable
Hacks To Break
Free From Fear,
capabilities,
Stress, Or
to manifest
optimal
Healthiness
progress. A
Capability Fuel
Purpose-Driven
Life
offers wisdoms
that have held
true through
generations of
high performers

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and have
Simple 5 Minute
recently been
Hacks To Break
discovered
Free From Fear
through modern
Science and
Stance On
medicine. These
Hypnosis
wisdoms are
Stop this
directly
Purpose Filled
connected to
Life
the core group
of human
capabilities
that transcend

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performance
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forward toward
Hacks To Break
intentional
From Fear,
goals and
Stress, Or
experiences.

Certain human
capabilities
are important
at different
times in an
individuals
journey, but
there are a

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difficult and
changing times.
In Capability
Fuel, you will
learn about
these core
group of

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capabilities
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and how they
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are tied to the
Free From Fear,
fuels and
Stop Doing
habits, that
How to Success
propel human
Step into
performance to
Purpose-Driven
achieve optimal
Life
outcomes. These
Fuels review
the Mental,
Physical,
Spiritual and

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and how they
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can work
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together to
Stress, Or
activate new
Hopes, Dreams
momentum, and
Step Into A
when
Purpose Filled
implemented
Life
effectively
through long-
term routines,
maximize human
performance.

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will offer you
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Step into a
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Life

As you sharpen and increase your mental capabilities, you can more readily

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increase your
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performance in
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all areas of
Free From Fear,
your life. Take
Serenity Or
the reins of
Hopelessness
your future and
Stop Into A
create the
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experiences and
Life
momentum for
the life you
desire to
uncover.

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your ideal
performance, by
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implement a set
of habits that
is designed to
fuel your most
transcendent
capabilities,
no matter what
challenges

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you're faced
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with. Get out
Hacks To Break
of your comfort
Free From Fear
zone and pursue
difficult
Or
objectives,
Business
just make sure
Step Into A
you have this
Purpose Filled
manual to
Life
maximize this
journey! Learn,
Implement,
Master and use

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you create, to
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fuel your next
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level of
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performance.
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Start Now
Powerful
Questions,
Practical
Answers

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Get Unstuck!

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make decisions
differently, set goals
differently, and
bounce back from
adversity differently.
The difference is not
so much about the

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Stress Or

steps they take, but
how they think in the
face of obstacles and
opportunities on the
path to success. The

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studies are proving
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has shown all along:

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your thinking style and
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power of positive
emotion Replace
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back from setbacks
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faster and stronger,
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than ever With over
100 self-coaching
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questions, this book
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peak performance
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in the area of personal
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had when they needed
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it most. Getting Back
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to Happy reveals their
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thought patterns and
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mindfulness, self-care,
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and more to overcome
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our way--in order to
become our best
selves.

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understand why not
fitting in is their
biggest asset.
Bringing your
whole, true self to
your work, including
your body, soul, and
spirit--and allowing
your faith to be part
of your day in your
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and "too much
money and
business" in her for
churches. That
made her an
anomaly, but it also

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**unlocked her
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voice, exploring the ways that each of us can have an impact every day, with tips, takeaways, and "Anomaly Actions" to spur every reader to take power in their own work and spiritual lives right away. Sandi shows on every page how to break past those doubting voices,

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head and out in the
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improv, this book
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helps people and
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organizations utilize
new skill sets to be
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more "all in" to

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with life, my
grandmother used
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hidden in every
trial in life, but you
have to be willing
to open your heart
and mind to see it.

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boy that was born
and raised in the
1970's by a single
mother in one of
the roughest
public housing
projects in

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to transcend and
From Fear,
build upon that
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life. This is a real
Simple
life journey of a
Simplify It
boy born into
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struggle, but
Life
through God's
grace, develops an
unwavering
mindset. One that
sees and seizes

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hidden

opportunities that
are in front of him

and uses those,
opportunities to

become who he

was meant to be. A

mindset that finds
peace when

circumstances

work against him,

a mindset that

seeks joy to

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provide the
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pushing, and a
mindset that
maintains faith

when nothing else
works. The messag

e...Throughout this
inspiring real life

story, the audience
will witness up
close, the strength
and resilience of

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the human spirit,
as the commitment
to my journey is
constantly tested
by the harsh
realities of life. In
order to push
forward, "Great
things never come
from comfort
zones!" becomes
my battle cry. As
that boy from the

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Hardships and
Struggles. It will be
revealed that every
battle was
equipping him with
everything he
needed to step
into his greatness.

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Step 108

At the heart of this
memoir is the
hope filled
message that there
is something to be
gained from all of
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between success
at work and a
thriving family

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and a dose of
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good ol' fashioned
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your
Purpose an
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on: Your
passion
and
purpose
have an

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point. This
book will
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it.

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of
the
hustle and
how it can
be used for
good and

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evil.
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health will
suffer no
more from
countless
hours
hustling.
You'll reach
a center
point and
will be able

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to breathe
freely yet
again.

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potential, but also
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wants to enjoy
Purpose Find
every moment this
Life
wonderful life
presents.

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Free From Fear,
Stress, Or
Find Focus, Get
Unstuck, and Drop
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Purpose-Find
Life

***Stop Underestimating
Yourself. You are
capable of far more
than you know. The
most successful
women are often not
the most talented, the
most gifted, or even
the most experienced.***

***What these women
have is a knack for
communicating that
opens doors and gives***

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Hopelessness
Spiral
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yourself out of your*

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fear has on you. If
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because you've been
unable to gain
forward movement in
some area of your
life, unable to see a
way, or unable to take
a chance on*

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*something new, it's
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time for a MASSIVE
Heals To Break
RESET. Whether you
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want to create your
Stress Or
next big heart-
Heals
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Simple 5 Minute
open yourself up to
Purpose Filled
an amazing
opportunity, begin a
new life quest for
freedom, or live a
more purpose-driven
life, she aims to*

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presents the most
crippling—and
unfortunately

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Free From Fear
Stress Or
Shyness
*Abundantly visual
with more than 300
images showcasing
these artists' resulting
work, Creative Block
is a vital ally to
students, artists, and
creative
professionals.*

*Fear Is Not the Boss
of You*

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layers, you'll
feel the burden
lift. And
that's when you

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guilt from
sneaking its
way into your
everyday
decisions and
interactions,
flip those
guilt trips so
you can keep
others from
manipulating
you, and stop

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way and get on
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dreams--even if
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you're afraid.
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Whether you're
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thinking of
Stopping
launching a new
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business, A
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child, writing
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triathlon,
Jennifer will

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way Empower
Life those around
you Experience
the incredible
joy that comes

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big God to do
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big things in
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you and through
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you This is
your gutsy
Hopeless
invitation to
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go after the
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big dream God
Life
has called you
to . . .

because fear is
not the boss of

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where you want
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to go? Do you
Stress Or
feel stuck in a
Hopeless
rut? Do you
Step Into A
feel like
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you're never
Life
enough or like
you can't take
anymore? When
was the last
time you felt

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down or
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depressed?
Hooks To Break
Maybe you know
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someone who has
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these feelings,
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but you don't
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know what to do
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to help them.
Life
You don't know
how to get
through to
them. In
Unstuck and

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gain, high

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You'll become
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inspiration and
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to REAL

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plateaus—to turn
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that cause people
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destruction, and
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away all of the
guilt, fear, and
anxiety about
being able to be
both a passionate
mom and a

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entrepreneur,
and replacing
them with
feelings of
confidence,
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about not feeling
so overwhelmed
by actually trying
to
simultaneously
raise a family**

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doesn't it? Boss

Mom can help,

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Boss Mom was

created to do two

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mindset about

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yourself and your

role as a mother,

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will allow you to
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will make your
world feel a little
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hard to achieve
your goals, but the
path to success is
littered with
obstacles. When
you're faced with
difficult dilemmas,
how you respond
will determine
whether you*

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obstacles with
intentionality to
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purpose inspire and
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require
persistence,” and
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mindset to see
obstacles as an
opportunity.”
Discover how
straightforward

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help you move
confidently toward
the life you were
created to live.*
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