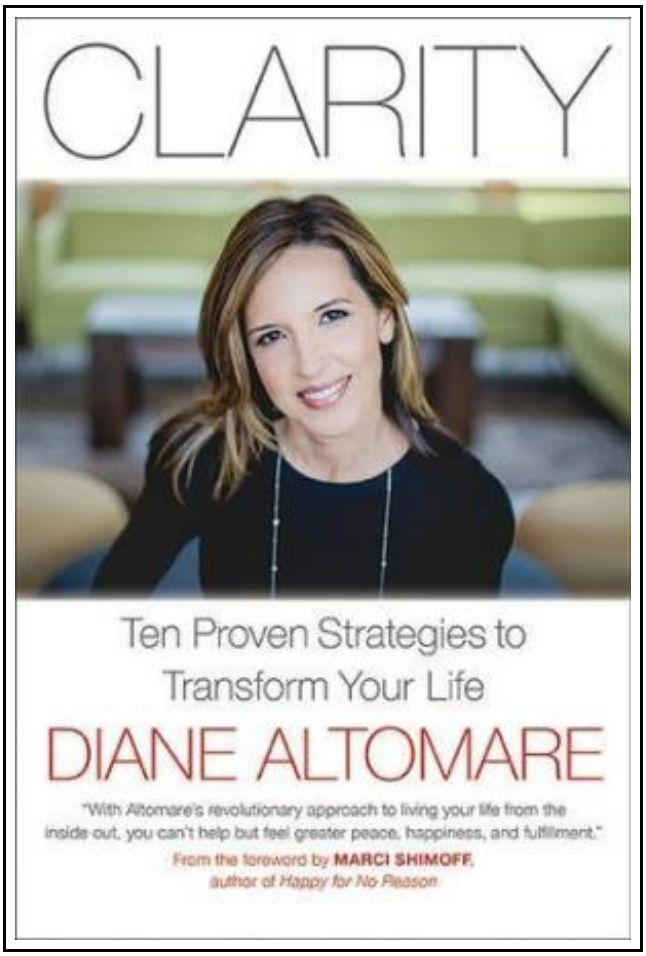
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(Prof. Mark Ratke Jr.)

CLARITY: TEN PROVEN STRATEGIES TO TRANSFORM YOUR LIFE (PAPERBACK)

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Select Books Inc, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. When was the last time you sat down and actually paid attention to your feelings? When emotions are repressed, they build up and can eventually explode. In Clarity:Ten Proven Strategies to Transform Your Life, Diane Altomare will show you how to recognize and embrace what your emotions are telling you. Emotions aren t an enemy to be fought against - they are messages leading you to a happier, healthier you. Altomare s ten-step program is designed to guide you through the process of accepting and loving who you truly are, from the inside out. By learning to let go of past pain and resentment,Claritywill allow you to overcome the patterns of self-destructive behavior that are preventing you from achieving your goals. Find the positive elements in aspects of yourself that you feel to be negative, and stop repeating harmful patterns in your relationships. Each step contains practical exercises, allowing you to connect with inner feelings you ve been neglecting and pushing to the side. Heal from your past negative experiences and create a happy and productive future. Altomare s years of experience as an integrative life coach and public speaker are the backbone of her innovative new program. Each strategy is illustrated by real life examples from Altomare s own life and the lives of the people she coaches. Use your emotions as a guide. Be receptive - your emotions are here to teach you.

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