



Awaken Your Strongest Self

Neil Fiore

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A groundbreaking four-step program for breaking self-destructive habits, increasing productivity and creativity, and performing at your personal best.

We often make our worst decisions when we act from a weak sense of self, and our best decision when we are confident and self-assured. Using the latest research findings in neuropsychology, Cognitive Behavioral Therapy, and Peak Performance strategies, *Awaken Your Strongest Self* shows you how to live with greater joy, ease, and effectiveness. Author Neil Fiore, Ph.D., provides a four-step program that involves (1)stepping back from old, ineffective patterns, (2)waking up your "new brain"--what neuroscientists call the "Executive Organizing Function" (3)awakening the five qualities of your strongest self, and (4)putting everything together to achieve your goals. Through innovative examples, case studies, and exercises, you will learn how to cope with stress, recognize early signs of inner conflict, perform at their personal best on everyday work projects, minimize feelings of being overwhelmed; and ultimately, choose healthy alternatives to replace former bad habits.

Topics include:

The Sleeper Must Awaken; Five Signs That You Are Not Your Strongest Self ... Yet; Expand Your Identity Beyond Your Ego; Step Up to Your Strongest Self's Point of View; Speak Up in the Voice of Your Strongest Self; Safety Replaces Stress; Choice Replaces Inner Conflict; Presence Replaces Feeling Overwhelmed; Focus Replaces Self-Criticism; Connection Replaces Struggle; Self Efficacy and the Stages of Change: The Key to Realizing Your Dreams; Making up Your Mind; Committing to Change; Taking Action; Maintaining Long-Term Success; You Are Your Strongest Self

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Florence Croy:

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Ashley McKay:

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Ora Barbour:

People live in this new day of lifestyle always make an effort to and must have the extra time or they will get wide range of stress from both daily life and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not just a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the particular book you have read will be Awaken Your Strongest Self.

Krystal Wilson:

The book untitled Awaken Your Strongest Self contain a lot of information on that. The writer explains the woman idea with easy technique. The language is very straightforward all the people, so do not worry, you can easy to read the item. The book was published by famous author. The author brings you in the new time of literary works. It is possible to read this book because you can read more your smart phone, or product, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and order it. Have a nice go through.

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