



## Watch Me the Bold, New Motivational Attitude for Personal Success

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By Riana Milne

By the Sea Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.1in. x 6.1in. x 0.6in. Tired of Being Doubted, Put-down, or Told You're Just Not Good Enough This book is for you! Most of us can think of a time when our loved ones doubted us or never thought we would amount to anything extraordinary. The Watch Me! attitude is a journey into your inner most thoughts, feelings, and desires as well as a method to accomplish all you dream to be. By practicing these techniques daily, you will reach your goals and prove all your doubters wrong! But the Watch Me! attitude is not about achieving personal success with anger and revenge just the opposite it is an enlightening journey to discover your Best Self and Higher Purpose in Life through using helpful Motivational and Spiritual Psychological techniques which includes learning: Positive Self-Talk for Mood and Mind Control The Lessons of the 5 Ds to Achieve your Dreams Progressive Goal Setting in a Step-by-step Process Achieving Balance in all your Life Spheres A Sense of Spirituality to Reach your Higher Purpose Separate chapters are included for Couples, Parents, and Teens with advice on how to change a dysfunctional...



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