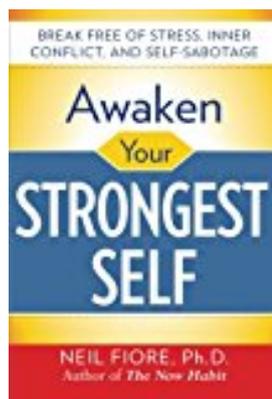


[PDF] Awaken Your Strongest Self

Neil Fiore - pdf download free book



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Description:

From the Back Cover

This is no ordinary book.

This is your opportunity to take control of your life (rather than letting your life control *you*).

It's a simple four-step program that anyone can do.

You can go at your own pace. You can focus on your own issues.

You can change the way you think and the way you act.

You can totally rebuild your sense of self, on your own terms.

That's because Dr. Neil Fiore, a renowned psychologist, lecturer, and bestselling author, created his groundbreaking new program with you in mind. He guides you on an empowering journey of discovery--a journey to your Strongest Self. He'll show you step-by-step how to let go of all your old baggage and live a new, richer life.

"For anyone who has been stuck in old habit patterns--be it procrastination, difficulty maintaining commitments to exercise and health habits, or living with stress and anxiety--Dr. Neil Fiore provides both the tools for, and the hope of, rapid change."

--Susan Page, author of *If I'm So Wonderful, Why Am I Still Single?*

"This book leads you in a step-by-step process to transform debilitating behavior into more satisfying and practical self-leadership skills."

--Wendy Palmer, author of *The Practice of Freedom: Aikido Principles as a Spiritual Practice*

You don't need a wake-up call to know that you need to change. The signs are right there in front of you: stress, fear, procrastination, self-doubt, and self-sabotage. But now you can do something about it. You can awaken your Strongest Self, rebuild your confidence, and unlock your true potential . . . in only four steps.

Dr. Neil Fiore's revolutionary program makes it surprisingly easy to change your life, one small step at a time. He's already helped thousands of people with his gentle approach to awakening the mind. Using the latest discoveries of neuroscience, he's developed an effective technique that actually retrains the brain to "turn off" negative thoughts. By teaching your brain to respond differently to everyday things, you can overcome self-destructive habits, reduce dangerous levels of stress, and increase productivity and creativity. It's all part of a gradual but rewarding process--the full awakening of the Strongest Self you were meant to be.

Discover how you can:

1. Break free of old, ineffective patterns
2. Step up to your "new brain" and voice
3. Awaken the five qualities of your Strongest Self
4. Put everything together to achieve your goals

With each passing day, you'll feel stronger, more confident, and even downright joyful. Feelings of uncertainty, loneliness, and being overwhelmed will no longer have power over you. Instead, you'll be using the highest, most advanced part of your brain to take charge of your thoughts--and live the life you so richly deserve. This remarkable book gives you all the tools you need, including a special progress journal, a centering exercise, a stress quiz, self-talk suggestions, a chart for effective habit change, and personal posttests. It also features inspiring true stories of people just like you, people who kicked the habits that held them down and who turned their lives around. If they can do it, so can you.

Awaken Your Strongest Self. It's the best thing you can do--for your life, your family, your career . . . and yourself.

--This text refers to an out of print or unavailable edition of this title.

About the Author

Dr. Neil Fiore is the author of *The Now Habit* and *The Road Back to Health*. He has worked as a psychologist at the Counseling Center of the University of California, Berkeley and has been a lecturer for UC Berkeley Extension, California School of Professional Psychology, The Omega Institute, the New York Open Center, Esalen Institute, and the Learning Annex. Dr. Fiore's seminar and training clients include AT&T, Bechtel Power Corporation, Levi Strauss & Co., Kaiser-Permanente Hospitals, Catholic Healthcare West, The Smithsonian Institute, Stanford Hospital, University of California San Francisco, and Federal Reserve Bank, San Francisco. He has appeared on CNN, NBC, CBS, KQED, NPR, Sally Jesse Raphael, and the Regis Philbin LifeTime Show, as well as hundreds of radio programs. Dr. Fiore has served as a board member of the National Speakers Association/ Northern California and The Wellness Community's Advisory Board; as a founding member of the National Coalition for Cancer Survivorship; and past president of Northern California Society of Clinical Hypnosis. He has been published in *The New England Journal of Medicine*, *Coping Magazine*, *Working Woman*, and numerous newspapers and newsletters.

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