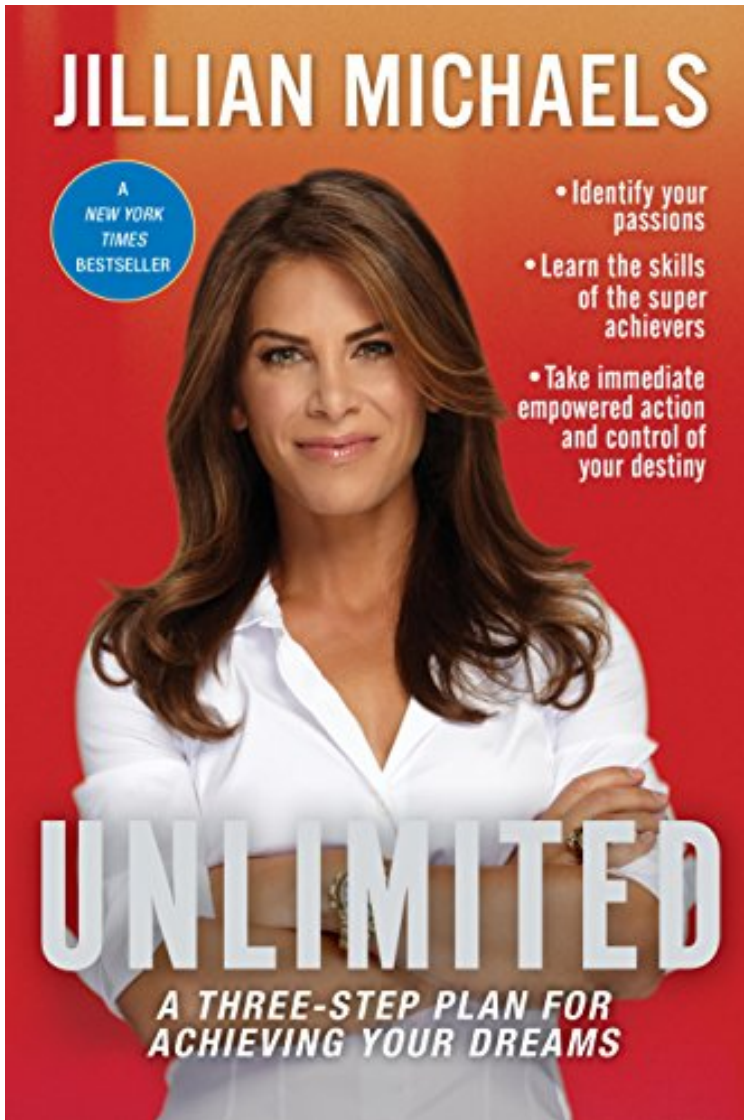


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Unlimited: A Three-Step Plan for Achieving Your Dreams



Par Jillian Michaels
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Description :

Prsentation de l'diteurImagine. Believe. Achieve.Many self-help books offer a lot of new age platitudes and sappy mantras: Just love yourself. See the glass as half full. Believe it and it will come.Really? Thats not how it works, and you know it. A lifetimes worth of struggle is not overturned in a small moment of positive thinking. But if you have the right attitudeattitude and skillsyou can and will accomplish anything and everything you want. This book gives you both, attitude and action. By its end you will have all the tools you need to change your life. No hype. No false promises. You will learn to: Cultivate your passion and embrace your uniqueness to create a purpose-filled life . . .on your own terms. Transform your suffering into

peace, wisdom, and strength. Work through fear, worry, shame, and negative self-talk to blast through obstacles and create self-confidence, self-esteem, and a healthy self-image. Take powerful, informed, deliberate actions to make your dreams a reality. Forget surviving: it's your time to thrive. You do have the ability and potential to achieve unlimited health, wealth, and happiness. Getting there won't all be easy; nothing worthwhile ever is, but take this journey and your life will change dramatically. Your possibilities are unlimited, and your life is waiting for you to break free and claim it.

From the Hardcover edition.

Revue de presse "Like a friend patting the reader on the back before kicking them in the rear... offers inspiration for people who are taking those first rocky steps on the road to self-improvement." -- Kirkus

From the first page, readers will feel her enthusiasm; a winning mix of humor, contestant case studies, personal experience, and motivation (she demands that readers wake up; "Screw surviving," she says, "It's time to THRIVE") never feels platitudinous. -- Publisher's Weekly

"Unlimited is a very candid and thorough book that aims to help people lead more fulfilling lives." -- Chicago Sun-Times

Michael offers a three-pronged approach to changing your trajectory: imagine, believe and achieve. Using examples from her own life, and those from "Biggest Loser" contestants, she shows how to shake off the fears holding you back and embrace the future." -- Washington Post Express

From the Hardcover edition.

Presentation de l'auteur Imagine. Believe. Achieve. Many self-help books offer a lot of new age platitudes and sappy mantras: Just love yourself. See the glass as half full. Believe it and it will come. Really? That's not how it works, and you know it. A lifetime's worth of struggle is not overturned in a small moment of positive thinking. But if you have the right attitude and skills, you can and will accomplish anything and everything you want. This book gives you both, attitude and action. By its end you will have all the tools you need to change your life. No hype. No false promises. You will learn to: Cultivate your passion and embrace your uniqueness to create a purpose-filled life . . . on your own terms. Transform your suffering into peace, wisdom, and strength. Work through fear, worry, shame, and negative self-talk to blast through obstacles and create self-confidence, self-esteem, and a healthy self-image. Take powerful, informed, deliberate actions to make your dreams a reality. Forget surviving: it's your time to thrive. You do have the ability and potential to achieve unlimited health, wealth, and happiness. Getting there won't all be easy; nothing worthwhile ever is, but take this journey and your life will change dramatically. Your possibilities are unlimited, and your life is waiting for you to break free and claim it.

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