



Self-Improvement Box Set: Leave Your Old Life Behind and Start Anew with Perseverance and Habits That Will Change Your Life (Productivity & Don't Quit)

Jessie Fuller, Elaine Gutierrez, Thelma Barnes

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Self-Improvement Box Set

The Better Path to Self-Improvement: Leave Your Old Life Behind and Start a New One

In recent years, we've started hearing more and more about self-improvement techniques, turning your life around and transforming yourself. Have you ever wondered if it's all talk or if it really is effective? I can tell you for certain that it is true and effective, and anyone can change their lives for the better.

All you need is to really want to and to have the determination and the motivation to complete the entire process. You could also benefit from a bit of help and guidance, and, fortunately, that's where this book steps in. It was written especially for the persons struggling with their lifestyle and who want to improve themselves and their lives.

Here is a preview of what you will learn from this book:

- What are the benefits of starting a new and improved life
- How to welcome positivity and change your outlook on life
- How to gain confidence in yourself
- How to become healthier, physically and mentally
- How to sever toxic relationships
- How to make new supportive friends
- How to make a career change
- What are the positive effects a change of career can have on your life
- Don't continue with your unfulfilling life a minute longer.

Jump Start Your Day: Everyday Mini Habits That Will Change

Your Life for the Better

If you are struggling with getting up and getting started every day then “Jump Start Your Day: Everyday Mini Habits That Will Change Your Life for the Better” is the book for you.

This book covers everything you need to know to get yourself going in the morning and to maintain that energy throughout the day. No matter how energized you wake up every day; this book makes sure that you have the tools to be just a little more energetic, organized and on top of things!

Here is a preview of what you will learn from this book:

- How to get a jump on the day
- Creating a good routine
- Organizing your day
- Avoiding daily distractions
- And Much More

Practice Persistence: Applying Perseverance & Discipline to Achieve Your Goals

Right now, you may be on the verge of giving up on one of your biggest dreams. The many challenges, conflicts and obstacles in life may already cause you to lose hope of ever achieving your goals. You may want to persevere in a personal relationship at home or with your partners. You may want to persist in a professional setting at the office or with your colleagues.

If you want to start creating not only simple goals but effective goals, then this book is for you. If you want a way to assess your current situation and how it can either improve or worsen your persistence, then this book is for you. If you want to develop a whole range of knowledge, skills, and attitudes, then this book is for you. If you want to sustain your progress so that you can carry on with your new and persistent lifestyle, then this book is also for you.

Here is a preview of what you will learn from this book:

- Finding your passion
- Translating into SMART goals
- Creating confidence
- Building on your strengths
- Addressing your challenges
- Using SWOT
- Knowledge, skills and attitude necessary for practicing perseverance
- Rewarding success

- Accepting failure
- Generating support

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Kari Annis:

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