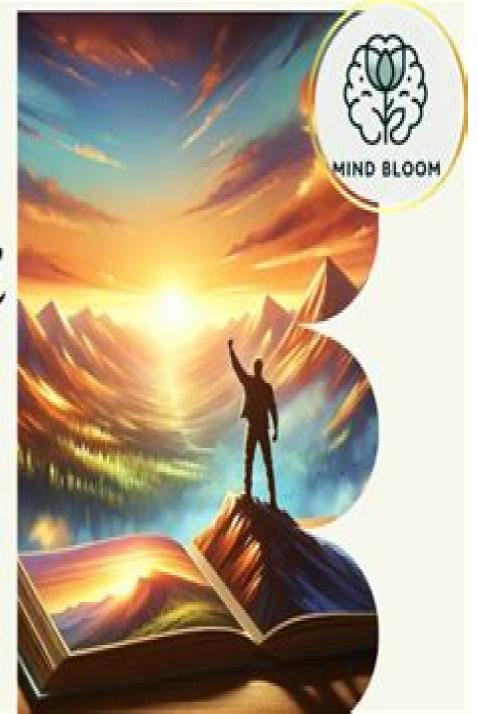
# DISCOVER YOUR BEST SELF: STEPS TO A MORE **FULFILLING LIFE**

BY MIND BLOOM

A Guide to Cultivate a Healthier Mind-Simple, Actionable Advice for Mental Well-Being



# **Discover Your Best Self**

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#### **Discover Your Best Self:**

Be Your Best Self Rebekah Ballagh, 2023-02-14 Practical strategies to help you transform the way you see yourself and create lifelong change It s time to embrace your full potential Covering everything from your inner critic to perfectionism self sabotage and procrastination soothing your nervous system to limiting beliefs to inner child work to boundaries and self love Be Your Best Self is here to guide you Discover your barriers to growth and contentment and most importantly explore ways Find Your Own Path Fiona Buckland, 2023-03-16 Embark on a journey to living your most to become your best self fulfilling authentic life with the help of life coach Fiona Buckland

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What's My Type? Kathleen V. Hurley, 1992-01-03 Hurley and Dobson explore how the wisdom of the Enneagram allows you to bring out the best in yourself and others Delving deeper than other systems of personality exploration the Enneagram system of nine distinctive patterns of unconscious motivation reveals the primary sources of our behavior and the reasons we live as we do Through detailed descriptions and discerning self inventory questions Hurley and Dobson make discovering your personality type fun and easy They provide simple proven methods for neutralizing negative attitudes about self and others and releasing untapped potential Armed with the Enneagram's insights readers learn to transform weaknesses into strengths break free of crippling patterns choose new ways of relating to others and enjoy balance and harmony For example The Achiever can move from dissatisfied perfectionism to effective leadership and become a Pathfinder The Observer can move from fear of commitment to curiosity and courage and become an Explorer The Helper can move from over involvement in the lives of others to mutual relationships and become a Partner Inspirational easy to use and practical What s My Type puts the Enneagram system to work for you Summary of Mike Bayer's One Decision Everest Media, 2022-09-09T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 It s the thing we do when we try to get what we want It's called a prospecting block Anytime you have a goal or when you re trying to get something done you can expect to experience a block or a period of resistance We all have them Many people have said that the most powerful word in sales is Why Why am I doing this Why should I care What's in it for me Why should they care Those are the questions that can often move mountains and make people do what you want You may think you know the answers to them all but I bet they aren t coming from your brain They re coming from your heart and your gut and your gut is always right Ask the why questions of your prospecting blocks and the why questions will reveal themselves to you You will

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