



Thriving Not Surviving: The 5 Secret Pathways To Happiness, Success and Fulfilment

By Gina Gardiner

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 228 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Thriving Not Surviving is designed to help you get the very best out of life. Life offers lots of challenges, detours and seeming dead ends, these can stop you in your tracks, causing you to get stuck in the morass of feeling overwhelmed or they can act as the impetus to achieve a better way of being. That is where Thriving Not Surviving is there to help you. It offers you a SAT NAV to help you reach your deepest desires more easily, and gives you lots of examples of where people, just like you, have used the principles and strategies to navigate their way through life's challenges. It is important to remember that you remain in the driving seat. It is up to you how fast you go, where you begin your journey and which elements you want to focus on. The book can help you to learn to challenge your habitual way of being and how to establish different more empowering approaches. Individually the perspectives, principles, and strategies offer you a powerful tool to enrich and enhance the...



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