

Choose Your Stories, Change Your Life (Paperback)

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Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

CHOOSE YOUR STORIES, CHANGE YOUR LIFE (PAPERBACK)



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MoshPit Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you living life the way you really want to? Is there something you would like to change? Maybe you want to manage your emotions and relationships better, deal with conflict constructively, be more confident, less stressed, get fit, lose weight or achieve something else that is really important to you? Do you have a repeat pattern of New Year resolutions, committing whole heartedly to them year after year until you give up and take them off the list? Have you ever wondered what stops you from making really important changes to lead the life you want? The answer, surprisingly, lies within your own stories. As humans, we are story making beings. We make sense of ourselves, other people and the world we live in through deep-seated stories, in the form of beliefs and assumptions, which either help or hinder us achieve what we want in life. Our stories create the results we are currently getting, the good and the bad. In the words of Terry Pratchett: We think that stories are shaped by people. In fact, it is the other way around. Some stories are within our awareness while others are hidden, often created early in life and long since forgotten. Ultimately, everything we do and say in life is determined by our stories. At their creative best, they are wise and helpful. At worst, they are misguided and over-protective, causing us to jump at shadows, creating unnecessary fears and anxieties, and holding us back. Growing up we inherit and adopt our most impactful stories; from our immediate and extended families, from people who care for us, teach us and discipline us; stories from the culture and environment we grow up in,...

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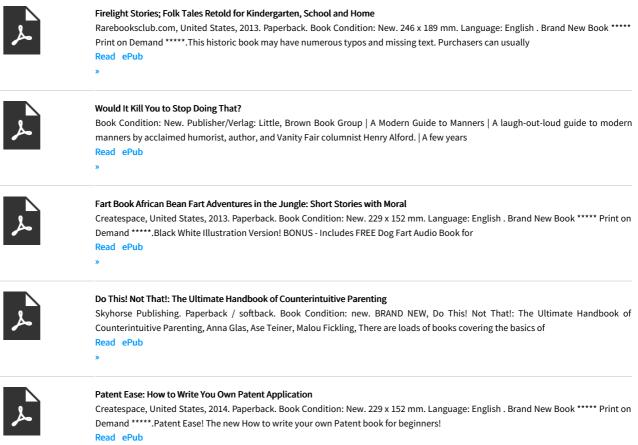
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