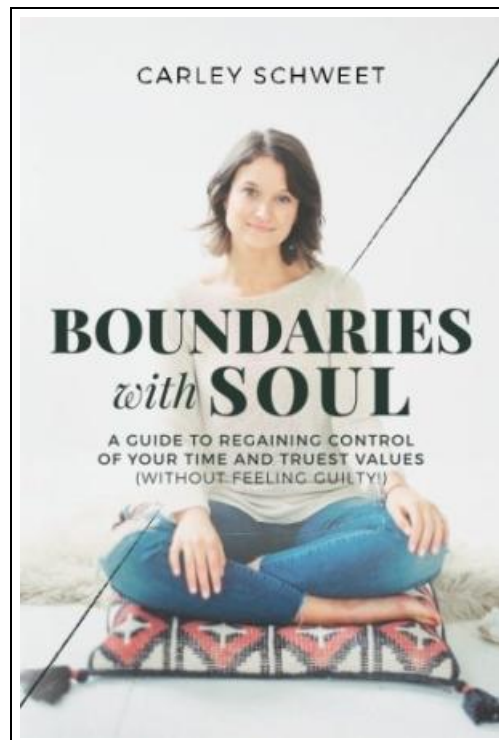


Boundaries with Soul: A Guide to Regaining Control of Your Time and Truest Values (Without Feeling Guilty!) (Paperback)



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BOUNDARIES WITH SOUL: A GUIDE TO REGAINING CONTROL OF YOUR TIME AND TRUEST VALUES (WITHOUT FEELING GUILTY!) (PAPERBACK)**DOWNLOAD**

Coaching by Carley LLC, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I m a big fan of setting boundaries and the power of No. Carley Schweet does this without as many f-bombs as I do, but the results are the same-her methods could be your path toward a calmer, happier life. -Sarah Knight, bestselling author of The Life-Changing Magic of Not Giving a F*ck and Get Your Sh*t Together Are you a people pleaser? Regain control over your time and values by taking a stand and setting healthy, respectful boundaries-and give your authentic self a space to thrive! Often, feelings of anxiety and guilt keep us from saying no-but we can learn to release these negative emotions, freeing us to say yes to what we truly want. Effective boundaries make us masters of both our personal choices and the type of energy we allow into our lives, encouraging respectful relationships-and allowing us to be our most authentic selves. Even though she held a sought-after corporate job and lived in New York City with a closet full of amazing clothes, author Carley Schweet was tired. Sleepless nights, fragile health, and overwhelming anxiety plagued her every day. It was a foggy performance that could not go on. After a radical life event, she took the bull by the horns. It was a long, slow process, but Carley started learning to say no. By carving out time for herself, just a little at a time, she realized that a lack of boundaries and people-pleasing behavior had led her to this overworked and unhealthy place. Today, she is a Mindfulness-Based Life Coach teaching others to avoid this trap. Boundaries with Soul showcases her step-by-step method, designed to help you return to your authentic self...

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