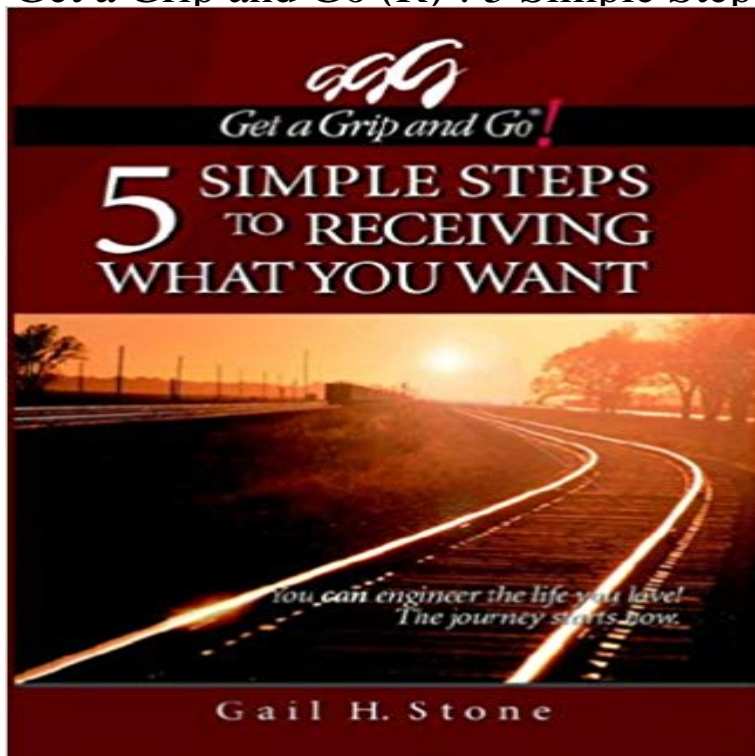


Get a Grip and Go (R) ! 5 Simple Steps to Receiving What You Want



Take a minute and consider how your life will be different after learning how to:

- . Set a powerful intention and watch it turn into reality.
- . Come to grips with your blocks and remove them.
- . Discover the negative beliefs that hold you back and shift them.
- . Handle your biggest challenge and thrive through it.
- . Reclaim your personal power over lifes challenges.
- . Create a masterful plan of action that propels you forward.
- . Regain your joy, playfulness and passion for life.
- . Take what looks impossible and make it happen.

By applying Coach Gail Stones powerful, patented Five-Step Process, you will learn exactly that. Having shared this Process one-on-one and with groups of clients worldwide, shes now captured it in a book, which guides you through how to get a grip and get going - steadily, surely and on track. Stone believes that the only reason we dont live the life of our dreams is because we dont really believe it is possible to do so and she explains that it all starts with your attitude, which either causes you to succeed, or curses you to fail. With this Guide, youll learn how to cultivate the powerful, already-having-received attitude, which research by positive psychologists now shows is one of the secrets to successful living of a Thriver, a person who thrives and succeeds in life despite the circumstances. Stone shows you how to develop the attitude of a Thriver and apply the ten success secrets shes developed. She also explains how to uncover and refute unconscious, self-limiting, I dont deserve. beliefs and shift them into positive, empowering ones, while emphasizing what you want to have happen and forgetting about what you dont want to have happen.

Written in an engaging, humorous and personal style, Stone guides you step-by-step through her innovative five step process, offering real-life examples, ancient wisdom and current scientific

research. Her imaginative exercises for each step are designed to show you how to put all your power in the positive and attract what you want. Each step builds upon the last and takes you to the realization that the power to receive what you want in life lies within. This Guide shows you how to access and apply that power, so you can get on with it and start thriving and enjoying life!

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