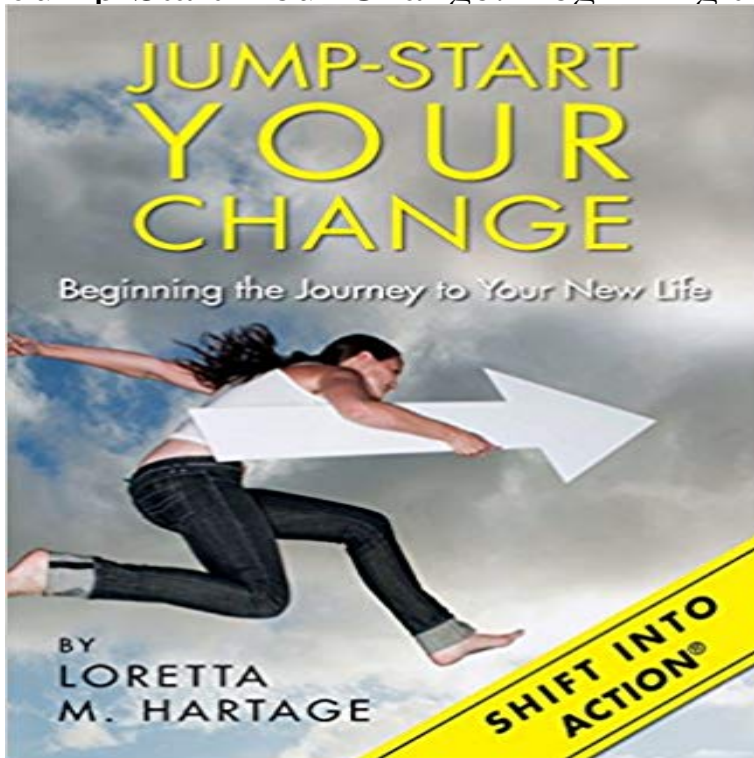


Jump-Start Your Change: Beginning the Journey to Your New Life



Does every day feel the same to you? You perform the same routines, fight the same battles, end your day exhausted, and without any evidence that you have done anything meaningful to change your life. Or you awake, perform the same routines, have no real challenges, yet you are still unfulfilled. Feeling like you are running on a hamster wheel going nowhere, wasting energy and losing hope does not have to be your story. You can make key shifts that can help you live your ideal life. This book offers you insight into the drivers that keep you stuck and provide you with tools that can help you quickly jump-start the change in your life. You will see yourself in a brand new light and learn to make important changes that will put you on the path to your new and better life.

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