



## Unstuck: Stop Wondering and Start Living (Paperback)

By Mrs Liz Timoney-White

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stories run your life - they always have and always will. The good news is you can change them. This book explains how to work your Story-Nav that we all have on board and with Happiness navigating you can't go wrong. Together we will focus on getting you feeling happy and living a life that is meaningful on a regular basis first and then you can work on your plan to save the world / other people next. maybe. . only if you want to and you still think they need saving. Let's take a quick look at where Unstuck will take you: 1: Who is driving my car? You will work out which characters you have used (and abused) to get where you are now. Yes, we will be looking into the boot and under that old rug on the back seat and inviting the monsters back out to play: don't worry - they turn out to be quite useful. This is your personal resources kit, so you can bring the right character / energy in...



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