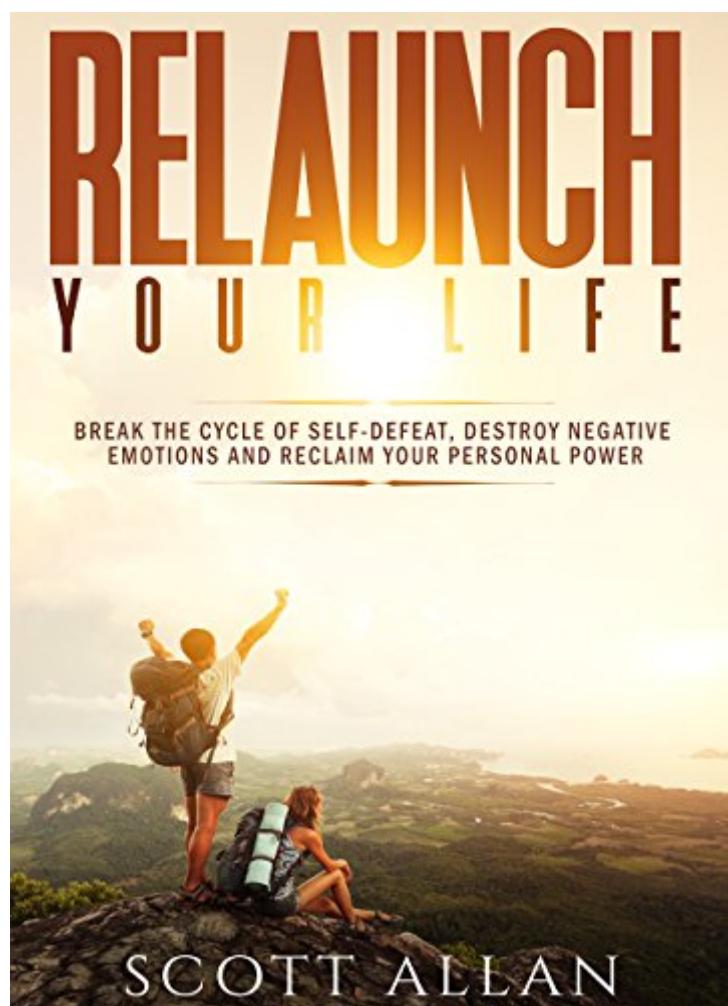


The book was found

Relaunch Your Life: Break The Cycle Of Self-Defeat, Destroy Negative Emotions And Reclaim Your Personal Power



Synopsis

Low self-esteem damaging your confidence? Want to eliminate the power of negative emotions? Do you feel shy, awkward, and disconnected from people? If so, you could learn the skills and strategies to put an end to self-defeating behaviour starting today. Relaunch Your Life takes you by the hand and guides you through the four mindsets that are failing you. You will learn to overcome fear and uncertainty, remove your issues with low self-esteem, and put an end to the negative emotions stopping you from living the life you really want. Build your self-worth and become good enough for anybody. Overcome feelings of defectiveness. Handle the fear of rejection and inferiority beliefs. Break the cycle of self-defeat that is keeping you trapped. Learn to trust yourself and others. Reinvent your lifestyle and change the way you are living. Confront your fears of vulnerability. Relaunch Your Life will help you move you from a place of perfection toward imperfection, and convert negative emotions holding you back to positive emotions that are focused on self-love and the ability to accept who you are as a person of true value. In this book I'll share with you my best strategies that have helped me to: Become more confident with the eye contact and positive body control. Stop comparisons that destroy self-esteem. Build an amazing self-image. Interact directly with people without feeling overwhelmed. Achieve greater satisfaction and fulfillment in my personal relationships. Stop demanding perfection from myself and others. Build greater trust in both myself and relationships with friends and family. Download: Relaunch Your Life: Break the Cycle of Self-Defeat, Destroy Negative Emotions and Reclaim Your Personal Power. Our negative patterns, thoughts, and behaviors keep us trapped, miserable, and frustrated. The steps in this book encourage you to take action, recognize your negative patterns, and then apply strategies for personal recovery. By reading Relaunch Your Life you'll also be able to: Get over abandonment issues. Stop being invisible and let the world see you for all you are. Reinvent how you feel about your self-image. Build the self image you want. Interact with people without feeling overwhelmed. You can eliminate your connection to negative behaviour and learn to live a more fulfilling, happier, and freedom-rich lifestyle. Are you ready to Relaunch Your Life and be everything you've ever wanted? Why wait to start living your life? Scroll up to the top of the page right now and click the BUY NOW button.

Book Information

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Customer Reviews

Relaunch Your Life is a great book that helps understanding of the emotions that hold us back from moving forward in our lives. The author uses examples from his personal life to show that many overwhelming situations can create negative feelings, which can turn into negative lifestyles that limit us from becoming the person that we are meant to be. Rather than allowing himself to live that life, the author shows us how to "relaunch" life by breaking vicious cycles of self-destructing behaviors, quit comparing ourselves to others, confront our fears of being vulnerable with others, be more confident in body language, and learn how to run our own race. This book is a must read for anyone who struggles with wondering if this is all there is to life - the same old, same old.

I've read several of Scott Allan's books and I keep coming back for more because I enjoy his style of writing. It is clear, concise, and always full of valuable information. Relaunch your life didn't disappoint. Allan tackles the hard topics such as self esteem, fear of rejection, and comparison and does so with prowess. I loved the action tasks throughut the chapters as they gave me clear steps to take and helped point me in the right direction. Would definitely recommend to anyone who is looking to build their confidence, break negative patterns and fulfill their dreams!

Another great book by Scott Allan. This guy always delivers. I love his concise & to the point writing style. He's also written for me on the Self Publishing School blog and his articles are by far the most popular. Great stuff, Scott!

Another must book to have from Mr. Scott Allan. My favorite part is about the different types of mindset discussed in chapters 5-8 which can truly affect how we live our life by its quality. This book also provides a 9 step-formula in re-launching your life that is doable, practical and easy to follow.

Scott has a way to connect with the reader. Relaunch is clearly written from the heart to those who are stuck and who are seeking to be the best version of themselves. The author shares his life struggles and is candid in his approach. The practical action plans are sure to make you think and help you overcome roadblocks to create a meaningful and joyful life, just as Scott did. It is an amazing book. Thank you, Scott.

What a powerful book! I realized as I read this book that I had slipped into a world of gray and black. This book gave me the tools to confidently get out of the rut I was in and to understand what got me there and how to never go to that dark place again.

I have enjoyed 4 previous books by author Scott Allan so much that literally I watch for his new releases so that I can snatch them up. Each of his books deal with our core issue of fear but each book focuses on a different slant as to how our fears impact us, how to recognize the fear, and how to embrace and work with it. RELAUNCH YOUR LIFE focuses on the need for the reader to get to know their self on a deeper level, understand the origin of their fear, recognize blame is a distractor, and love their fearful self. Without the essential component of self-acceptance and love of self, growth and forward movement will be thwarted. RELAUNCH YOUR LIFE has been everything I anticipated and hoped for. I recommend this book to everyone because we all hold onto our fears and we need to find our way through them. In his writing, Scott Allan has a quality that invites the reader to hop on board and challenge themselves in the safety of his leadership. He breaks our fears down to be understood from a realistic perspective, which allows the reader to look at each situation from a new awareness of the opportunity that awaits them. His books always provide HOPE. In his usual step-by-step approach, Allan has organized the content in RELAUNCH YOUR LIFE to define the 6 roadblocks that trap us, identify our struggles with change, and help us create better solutions. Our negative mindsets and emotions hold us back and he uses them to explain,

justify, and validate the evidence for our need to change. He offers his own experiences as well as client examples to expand on his strategies, he outlines manageable steps for the reader in his "brick-by-brick" approach, and demonstrates that his roadmap for change is attainable -- it has worked well for him, his friends and his clients. The quality I always appreciate in Scott Allan's books is the "troops in the trench" feeling of belonging to a large group who are battling a similar war -- misery loves company. He has a way in making us feel life is not over, we are not alone and change is possible. Through gradually creating a positive self-image, breaking old negative habits, projecting positive body language, and using his critical 9-step formula for gradually crafting ongoing change, he leads us on our RELAUNCH.

Scott Allan has done it again with this wonderful and inspiring offering. Relaunch You Life is a heartfelt guide to adjusting your habits and attitude to indeed relaunch your life. This book helped me in so many ways, and I'm already seeing the positive results after the first day. I can't wait to continue relaunching my newfound tools in the days to come. Scott writes from the heart, and with genuine empathy. I've read several of his works, and quite honestly, this may be his best yet!

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