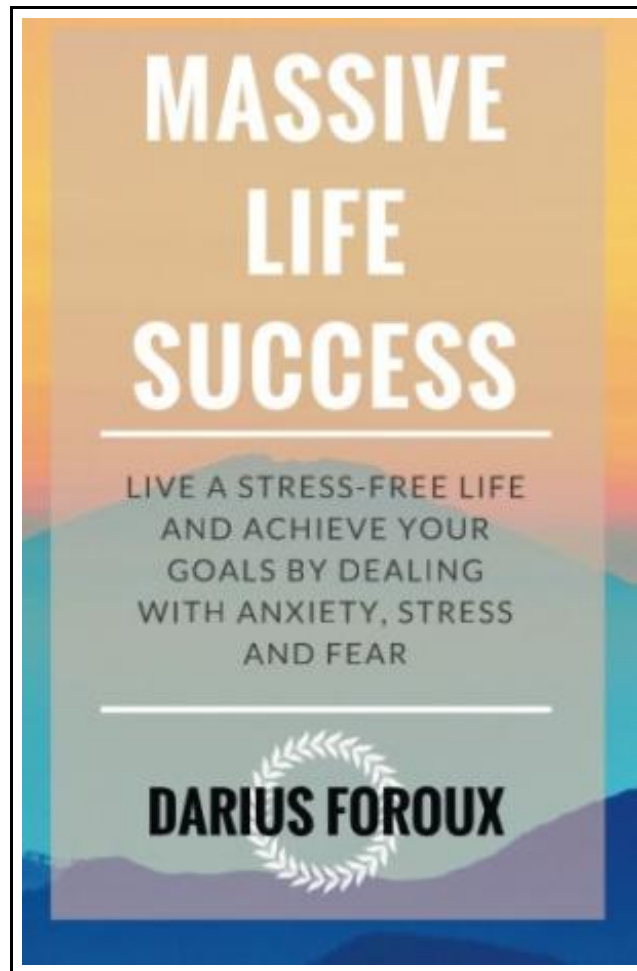


# Massive Life Success: Live a Stress-Free Life and Achieve Your Goals by Dealing with Anxiety, Stress and Fear



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(Dr. Raven Ledner)*


## MASSIVE LIFE SUCCESS: LIVE A STRESS-FREE LIFE AND ACHIEVE YOUR GOALS BY DEALING WITH ANXIETY, STRESS AND FEAR



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fear defeats more people than any other one thing in the world - Ralph Waldo Emerson Do you want to change your career? Start a business? Stop losing sleep over a deadline? End your relationship? Or maybe, just live a fulfilling life? Everyone has goals and ambitions in life. But sometimes we do not pursue our dreams because we are afraid to fail or lose face. Instead of pursuing our dreams, we constantly worry about what we should have done or said, and this causes stress and anxiety. Moreover, that is the voice of fear, speaking to you. We see other successful people, who achieved their goals, and think, how do they do it? This book uncovers the fearless mindset you need to be successful. The truth is that fear makes us negative and timid. Research shows that almost 2/3 of our thoughts are negative. No wonder that every time we want to pursue our desires, fear holds us back. Achieve what you want from life: all it takes is action Fear is triggered when our safety is in danger. It is a tool to avoid physical harm and death from enemies. Now, fear itself is our biggest enemy. We have to defeat the enemy within that knocks down our dreams. For instance, when you live in constant distress because you hate your job; your mood, dreams and above all, your health is impacted. Stress has severe consequences for our body and can lead to depression, bipolar disorder, panic disorder, and burn-out. 7 Steps To Freedom That You Can Apply Immediately But there is good news: defeating fear and achieving your goals is a...

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