



Self-Esteem Box Set: 50 Tricks to Live a Happier and Successful Life. 55+ Qualities That Can Make You Become An Amazing Leader. 22 NLP Lessons to Reduce ... Stress Level (NLP Coaching, Focus, Mindset)

Lisa Hart, Miguel Nichols, Alexander Mejia, Mae Pope, Tarun Lucas, Sammy Austin, Karla Roth

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BOOK #1: NLP Coaching: 22 Outstanding NLP Lessons to Reduce Your Stress Level and Start Feeling Better

Statistics show that in Western countries, an amazing 77% of people regularly suffer from stress. Reducing our stress levels is the first, and possibly most important, step towards living happier lives. Instead, we have been conditioned to giving in to stress; most of us respond to challenges and unpleasant situation by stressing about them. NLP, or Neuro-Linguistic Programming allows you to rewire your brain so that when you are faced with potentially stressful situations, you react with calm and lucidity. This will prevent further stress and bring down the overall level of stress in your life.

BOOK #2: Critical Thinking: Learn How to Improve Your Intelligence and Make Clever Decisions

The fact that you are contemplating this book tells me that you are an intelligent individual looking to better yourself, yet looking for some support along the way and an idea on where to start and how you should progress on this journey.

BOOK #3: Leadership: 20 Qualities That Can Make You Become An Amazing Leader

This e-book includes helpful techniques as well as smart methods to assist you to develop your current leadership and managing expertise. It addresses you have to be an innovator that folks carry out, maintain informed, render well-timed choices and also seize useful steps. Essentially you have to manage the routines of your online business as opposed to being managed by all of them.

BOOK #4: Life Coaching: 33 Amazing Lessons That Will Teach You How to Become a Successful Life Coach

A life coach instructions , inspires , guarantees , encourages and also promotes however by no means informs you the next steps . By means of active paying attention ,sound connection , asking , understanding and also assessment a trainer can help you and also recommend equipment and also methods to move you in the direction of the stated results. You nevertheless collection the pace and also eventually render the adjustments and also attain the motives.

BOOK #5: Mindset: 28 Super Useful Tips to Develop a Successful Mindset. Learn How to Improve Your Self-esteem and Live Happier

If so, then this ebook is for you. In this ebook, you will learn 28 tips on how you can change your life for the better. No one in this world is responsible for your happiness or your self-esteem except you. So, you need the right tools to live the life of your dreams.

BOOK #6: Mindset: 22 Outstanding Mindset Tips and Tricks to Live a Happier and Successful Life

We all crave happiness and success. However, happiness and success can only come into our lives if we have the right mindset for them. All the people you see who are happy and successful started by having the right mindset, and their experience and their tips should be shared, in order to cast aside the negative mindset that we have been conditioned into adopting by a perverted society. This book is full of practical tips and tricks that you can use to bring about the greatest change in your life.

BOOK #7: Focus: 12 Surprisingly Effective Ways to Improve Your Concentration

Looking for a way to focus better? Looking for better results at work or in your personal life? If so, this is the ebook for you. In this ebook you will learn 12 great ways that you can learn to focus better and improve your concentration. This isn't your average book. You're not getting 12 overly hyped and overly discussed methods found in other places online.

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