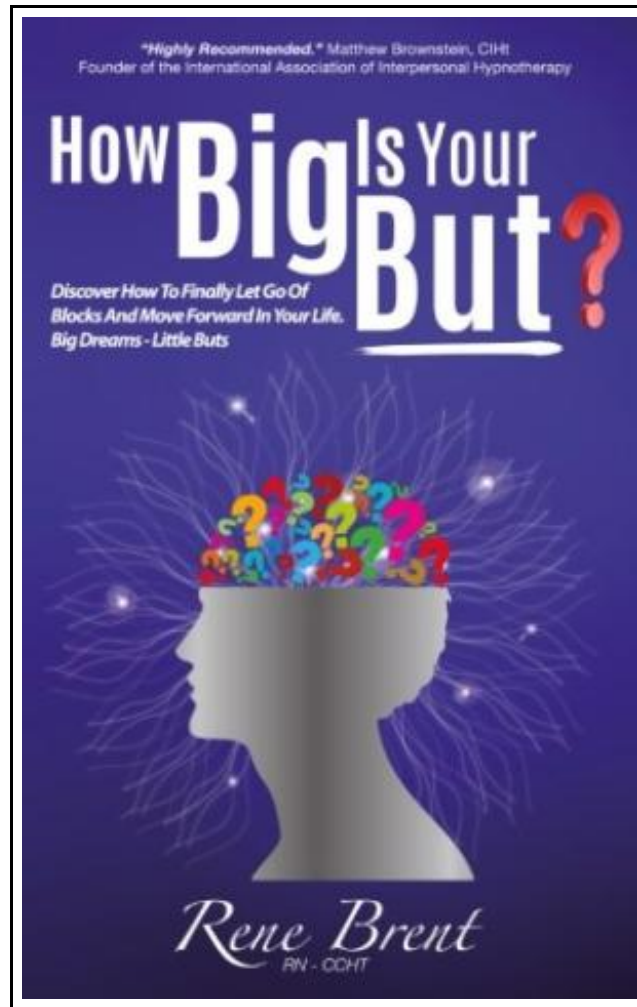


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HOW BIG IS YOUR BUT?: DISCOVER HOW TO FINALLY LET GO OF BLOCKS AND MOVE FORWARD IN YOUR LIFE



Sanskarcht Publishing. Paperback. Condition: New. 200 pages. Dimensions: 8.0in. x 5.0in. x 0.5in. The self-help process is more achievable when you have a loving guide. Personal success coach, Rene Brent takes you on a fascinating journey that will help you gain understanding about what is keeping you stuck and holding you back from Peace, Calm and Happiness. Because we are not taught how to manage fear, worry, anxiety or stress, we ignore it, push it down and tell ourselves to get over it. When we ignore our emotions and false beliefs, they will eventually show up somewhere in our lives or our bodies, often as a destructive pattern, physical pain or illness. This book is focused on looking within, gaining awareness and getting rid of the blocks or Big BUTS. A BUT may sound something like, I want to be happy BUT. . . I want to be a success BUT. . . I want to lose weight BUT. . . Rene gives you easy to follow exercises at the end of the each chapter to teach you how to get out of your own way so you can begin to find your version of happiness and confidence. She teaches you how to get straight to the Boss - the subconscious mind, to help you take back your power, feel inspired and feel alive again. Big dreams, Little BUTS! How Big Is Your BUT Includes chapters that address how to manage the negative voice you may hear everyday. Chapters include - Lets Talk About The F Word, which beautifully handles the challenges of Forgiveness and the relief and freedom we receive when we chose to let go of anger and guilt as well as the immense benefits of getting more Sleep. SPECIAL BONUS: Free Happiness meditations. Reading this book is like...



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