

## Stuck in a Rut: How to Rescue Yourself and Live Your Truth



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(Dr. Raven Ledner)*

## STUCK IN A RUT: HOW TO RESCUE YOURSELF AND LIVE YOUR TRUTH



True Balance Coaching, United Kingdom, 2015. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.For People Who Are Stuck Want More Out of Life . Fiona Craig is a transformational life coach based in Bondi Junction, Sydney. Stuck in a Rut - How to Rescue Yourself and Live Your Truth reveals Fiona Craig s successful get unstuck method, and how it has helped her clients finally get out of their health, relationship, career and life ruts to confidently take the first steps towards creating the life they want to live. After five frustrating years trapped in her own relationship and career rut, Fiona discovered the reason why many people keep themselves stuck, and struggle to find a way to move forward. Her practical 12-step method blends popular psychology, success strategies, and practical tips, making the process so simple and easy to follow. You will learn: The simple 12-step Get Unstuck method to help you bust through barriers quickly and easily. - Know the reason why you re stuck so you can instantly make the changes you need and move forward. - How to break those bad habits and ditch the guilt, stress and worry, so you re always inspired, motivated and able to take action. - How to let go of the fear of failure and negative self talk, so you can live with confidence and take educated risks. - How to love yourself and make self-care a priority. - How to set better boundaries and say no with confidence. - How to tap into your creative spirit to find joy. - How to create a life-vision and action plan that keeps you motivated and living life to your full potential. Each chapter contains case studies of real clients who...



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