



I Can: How to Overcome Self-Sabotage (Paperback)

By Kate Haymes

Kate Haymes, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We all have things that trip us up. The battles people fight are not the same, but one we all fight to some degree is the battle against ourselves. Whether it is a limiting mindset, self-image problems or anxiety brought on by circumstances or other people, we can overcome these and enjoy life more fully! This book has been written to define a common problem and show you how to have victory over it. This enemy is called self-sabotage. To sabotage means to destroy or to hinder a cause or activity so it will not work properly. It also means the obstruction of normal operations. Sabotage is all about a mindset, what one believes. It comes in many forms and degrees, but it comes to kill from within. This book is my personal journey of overcoming a lifetime of self-sabotage. I tell of facing painful truths that ultimately led to my victory, freedom and a better life! I believe the truths contained in this book will mark the start of a noticeable change in your life! You will not put this book down and...



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