



The Self Help Addict: Turn an Overdose of Information Into a Life of Transformation

Daniel Gefen

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Break free from the self-help cycle and join the world of successful leaders.

IN THIS GAME CHANGING BOOK YOU WILL LEARN:

- How self doubt, procrastination and indecision create a cycle of self-help addiction
- Why people invest in self-help books, courses, events and come out still feeling unaccomplished
- How you can make your fears your friend and achieve anything your heart desires
- The importance of always taking responsibility for what happens in your life
- How much abundance there is in this world and that there is enough money, love and happiness for everyone to have a lifetime supply
- How to go from a consumer to a creator
- The art of taking action, because without action nothing gets done
- How to become accountable so you avoid putting things off
- The power of decisiveness and how to avoid feeling overwhelmed
- The secret to getting high and staying high (without drugs)
- Why you have already won
- How the real hero, that you have searched so long and hard for, is you

The Self Help Addict: Turn an Overdose of Information Into a Life of Transformation Details

Date : Published December 22nd 2017 by EvolveGlobalPublishing.com

ISBN :

Author : Daniel Gefen

Format : Kindle Edition 232 pages

Genre : Nonfiction



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From Reader Review The Self Help Addict: Turn an Overdose of Information Into a Life of Transformation for online ebook

mrs j hobbs says

Not totally what I was expecting

A lot of this is written for people who wants to do well in business I felt, but there is an awful lot of good content and messages here that everyone can take on board. Being a self help addict myself, I know that I am long overdue the time for action, hopefully this has motivated me enough. I have felt a shift in my way of thinking since reading this. Thank you.

Ryan says

Great read

As a self help addict myself this is a great book and a push in the right direction of no longer being a self help addict but turning myself into a creator and producer rather than a consumer.
