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Let Go of the Rock! a New Look at the Dynamics of Self-Management

By Beth Wonson

DANDELION ENTERPRISES, United States, 2015. Paperback.
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 *Living in the past or future instead of the present *Allowing other individuals or preoccupations to steal our life force
 *Weak or confused communication *Inflexibility and complacency (that comfortable rut) *Fear of risk, success, failure, change, etc. *Unwillingness to take responsibility for our actions *Codependencies/addictions to people, substances, habits, etc. *Untrue stories we tell ourselves to justify our actions *Lack of clarity about who we are and why we are here
 Beth carefully examines each of these ROCKS and shows you how to dig them up and heave them out of your life-or simply make them dissolve, using the alchemy of your own powerful inner guidance. This is an excellent guidebook for managing your personal and family life...



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