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Personal Development: 5 Book Collection (Self Help, Personal Development, Self Development)



Synopsis

Further Your Personal Development with Tom Miles's 5 Book Collection Are you dissatisfied with aspects of your health, wealth, relationships and happiness? Do you experience anxiety, fear, and overwhelm on a regular basis? Do you feel awkward in social situations? Are you dissatisfied with where you are in your life right now? Or do you wish you had more direction? All these challenges are covered in Personal Development: 5 Book Collection Get 5 of Tom Miles's Personal Development books for \$4.99, reduced from the retail price of \$14.95. The 5 books include: A Year For Change Mindfulness For Beginners Arguments Stoicism Atheism In A Year For Change: 52 Simple Steps to Transform Your Life, you'll learn how to create success in 12 broad areas of your life. Within each categories are a handful of actionable habits, truisms and pieces of advice. The total of which is 52, one for each week of the year. In Mindfulness For Beginners: 28 Steps To Becoming More Present Through Mindfulness Meditation, you'll discover how to become more present, stop feeling overwhelmed and let go of fear and anxiety in 28 mindful actions. Everything in it is simple and easy to follow â " it contains specific, easy-to-do tips and exercises. This book is meant for the beginner and will start you out on your journey of mindfulness. In Arguments: How To Persuade Others To Your Way Of Thinking, you'll learn how to overcome the obstacles that stand between you and succeeding in convincing others to your way of thinking. Each chapter is illustrated by examples, personal and professional, that you can use in everyday life. In Stoicism: A Stoic Approach To Modern Life, you'll be introduced to the philosophy of Stoicism, what it means to the modern person, and how it can drastically improve our outlook and quality of life. In Atheism: A Wonderful World Without Religion, you'll review some of the notions that atheists hold, review the factual inadequacies of faith, and the nature and psychology of faith itself. Tom Miles's Personal Development: 5 Book Collection will help you to improve numerous areas of you life in short, realistic and actionable steps. Buy all five books today at up to 66% off the cover price!

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