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new york times bestselling author and coach to millions brings a transformative guide to help you achieve your dreams tony s power is superhuman he is a catalyst for getting people to change oprah winfrey he has a great gift he has the gift to inspire bill clinton former president of the united states tony robbins coaching has made a remarkable difference in my life both on and off the court he s helped me to discover what i m really made of and i ve taken my tennis game and my life to a whole new level serena williams 22 time grand slam tennis champion and olympic gold medalist no matter who you are no matter how successful no matter how happy tony has something to offer you hugh jackman emmy and tony award winning actor and producer if you have ever dreamed of a better life unlimited power will show you how to achieve the extraordinary quality of life you desire and deserve and how to master your personal and professional life tony robbins has proven to millions through his books tapes and seminars that by harnessing the power of your mind you can do have achieve and create anything you want for your life he has shown heads of state royalty olympic and professional athletes and film stars how to achieve unlimited power is a revolutionary fitness book for the mind it will show you step by step how to perform at your peak while gaining emotional and financial freedom attaining leadership and self confidence and winning the co operation of others

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everyone else in your life you're already doing that cheering for your favorite teams celebrating your friends supporting the people you love as they go after what they want in life imagine if you gave that same love and encouragement to yourself or even better you made it a daily habit you'd be unstoppable in this encouraging book mel teaches you how to start high fiving the most important person in your life the one who is staring back at you in the mirror yourself if you are struggling with self doubt and who doesn't tire of that nagging critic in your head could somebody evict them already successful but all you focus on is what's going wrong you're not alone sick of watching everybody else get ahead while you sit on the couch with your dog don't bring your dog into this mel dedicates this book to you chapters include you deserve a high 5 life science says this works i have a few questions why do i torture myself am i broken where's all this negative crap coming from why am i suddenly seeing hearts everywhere why is life so easy for them and not me isn't it easier if i say nothing how about i start tomorrow but do you like me how come i screw everything up can i actually handle this okay you may not want to read this chapter eventually it will all make sense it's time to give yourself the high fives celebration and support you deserve with this book you'll learn how to use the high 5 habit to overcome negative self talk and limiting beliefs create a clear vision for your life and set goals that align with your values take consistent action towards your goals even when you don't feel like it develop a mindset of resilience and perseverance achieve more success and happiness in all areas of your life when i stopped trashing myself and started giving my reflection a high five instead it was more than an encouraging gesture on a low day it flipped that self criticism and self hatred on its head it changed the lens through which i viewed my life that was the beginning of a massive shift in my life a line in the sand the beginning of a brand new connection to the most important person in my life myself a new way of thinking about myself and about what was possible for me it inspired me to create an entirely new way of experiencing life that's why i wrote this book it's time to cheer for you love mel robbins using her signature science backed wisdom deeply personal stories and the real life results that the high 5 habit is creating in people's lives around the world mel will teach you how to make believing in yourself a habit so that you have more confidence transform your mindset and achieve your dreams

a life changing tool embraced across the globe what if the secret to peace and strength wasn't found in controlling others but in releasing them this powerful book invites you to embrace a new way of living one where your energy is no longer drained by trying to manage persuade or fix what was never yours to hold instead you learn to focus on the one thing that truly belongs to you yourself through heartfelt insights and practical wisdom you will discover how to break free from the exhausting need to control outcomes and people find calm in situations that once left you frustrated or overwhelmed build boundaries that protect your energy while deepening your connections let go of old patterns of overthinking and overexplaining reclaim your sense of peace power and self worth each page offers encouragement to release the weight of expectations and step into a life filled with clarity resilience and inner freedom this is not about giving up it's about choosing peace over chaos self respect over exhaustion and freedom over fear if you are ready to stop carrying what isn't yours and start embracing the calm confidence that comes from living authentically this book will be your companion on the journey back to yourself

a liberating guide to reclaiming your peace power and emotional freedom what if your freedom isn't found in fighting harder but in letting go in this transformative and deeply human book the let them theory invites you to stop managing controlling and explaining your way through life it's not about becoming cold or indifferent it's about learning to release what was never yours to carry in the first place let them judge let them leave let them misunderstand you let them love you differently or not at all let them talk twist criticize or stay silent and while they do you heal you rise you grow blending raw honesty with grounded wisdom this book explores the 15 powerful shifts that occur when you finally let people be who they are and start living as who you are with chapters like let them have their chaos let them make mistakes and let yourself go you'll discover how to set boundaries without guilt release the addiction to approval stop overexplaining your worth trust the flow of life instead of forcing outcomes walk away from what drains you and toward what sets you free through relatable stories reflective insights and empowering truths the let them theory is more than a mindset it's a movement back to emotional sovereignty it's a reminder that peace doesn't come from being understood by everyone it comes from finally understanding yourself if you're exhausted from overgiving overthinking or overperforming this book is

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