



It s All about Me: The Involved Observer (Paperback)

By Brian K Graham Phd

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you tired of being tired? Is each day a struggle to simply make it through the day? When you get home is it all you can do to drag yourself to bed, knowing tomorrow will be the same thing all over again? You no longer have to feel this way, because within the covers of this book is a blueprint for changing how you face the everyday challenges of life. Rather than assuming you have to feel mugged by the morning commute, you will discover how you can change your thinking about that commute. Rather than dreading a meeting, you will discover how you can change your experience. You no longer have to blame your boss, your spouse, your mother or your six grade teacher for the life you have today. Once you understand how you have been relating to the past, you can shape your future more confidently. This is no magic formula, this is not a read this and your life will be magically changed book. This is a simple process which begins with the truth that everything you...

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