



The New Normal Formula: Your Life. Your Choice. 3 Steps to Get Everything You Want. (Paperback)

By Bethany Ellen Perry

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.BONUS: Book purchase includes free access to a printable workbook! If you've ever felt like an underdog, this collection of short stories and coaching tools is just what you need to take your life back! Bethany shares some of her most personal challenges in life, love, and business, as well as exactly what she did to overcome them. The formula she developed is what has worked for herself, as well as thousands of clients, to help fast track success with any goal you set for yourself. Even during painful or vulnerable situations. Taking self-responsibility means you recognize that you alone have the power to change your future by choices you make moving forward. It is NOT the same thing as blaming yourself for everything that has gone wrong in your life (from childhood, or even yesterday!). Scrap self-sabotage and master self-love. Stop talking in circles to and finally communicate on purpose, with yourself AND friends and family. This book of personal short stories is broken down into five parts - 1) Self, 2) Love, 3) Family, 4) Community/Career, and...

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