

## The Key: To Upgrading Your Life (Paperback)

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## Reviews

Absolutely among the finest pdf I have got possibly read. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book. (Prof. Lois Cormier II)

## THE KEY: TO UPGRADING YOUR LIFE (PAPERBACK)



Whitefox Publishing Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. A powerful and life-changing guide to living a more positive life Everyone knows the person they would love to be and the life they would love to live, yet there appear to be invisible barriers preventing us from living the life we want. Nik and Eva Speakman have spent years perfecting their methodology of `Schema Conditioning Psychotherapy , and this book reveals simple teachings to allow you to embark on your own positive life journey. Self-help books allow us to see what we are capable of and what we can achieve, so in a world abundant with such books, how can this one be different? You may know from personal experience that many books hold priceless information that can positively impact your life, but these positive changes can slip away as you fall back into old routines and bad habits. This happens because your core beliefs contradict your new learnings and gradually take you back to where you were before. This book looks at challenging the very foundation of your core beliefs, in order to prevent such conflicting values, paving the way for positive, exciting and long-lasting change.

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