



## It s a State of Mind: Stop Existing Start Living (Paperback)

By James Boardman

Let s Tell Your Story Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you angry and frustrated that you have lost the joy in your life? Are you just not the best version of yourself? Many men wake up one day and wonder how their life has turned into a disaster zone, full of responsibilities and obligations, and no time to truly have fun and be themselves. How much longer are you going to keep waking up to Groundhog Day, keep telling yourself your do something about it Monday? This book helps you see why your life has gone off the rails and how to reclaim a brighter future. Discover how to: audit your life understand the cause of your unhappiness prioritise and structure your day to day routine to improve your wellbeing use regular small short-term goals to make big changes in your life No matter how jaded and frustrated you feel, there is a way to lead a more fulfilling life.

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