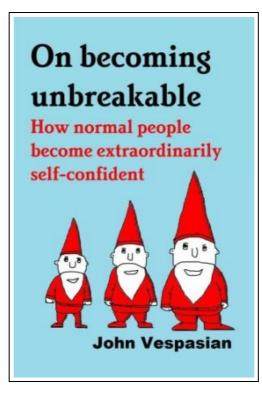
On Becoming Unbreakable: How Normal People Become Extraordinarily Self-Confident (Paperback)



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Reviews

Here is the very best book i have study until now. It is rally fascinating throgh looking at period of time. It is extremely difficult to leave it before concluding, once you begin to read the book. (Dr. Blaze Runolfsson IV)

ON BECOMING UNBREAKABLE: HOW NORMAL PEOPLE BECOME EXTRAORDINARILY SELF-CONFIDENT (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Becoming emotionally unbreakable is a primary skill for achieving happiness. This book presents the principles of psychological strength, together with stories of people who have used those principles: How did Joseph Abbeel survive the Napoleonic wars, and manage to start a new life? Which crucial success principle was discovered by the Ancient Roman poet Ovid? How did Buffalo Bill cope with his tremendous financial mistakes? How did William Turner protect himself against negative criticism? Their stories will show you what to do when you are confronted with severe problems, even when everything seems lost. This book aims at making you highly resistant to adversity. Its principles will enable you to move on with your life despite difficulties, obstacles, and setbacks. TABLE OF CONTENTS Chapter 1 - Refuse to listen to pessimistic messages Better opportunities can be found Practise this great philosophy every day Imagine a happy outcome Surviving and thriving against all odds There is plenty of light in the darkness A method for preventing serious mistakes The search for a balanced perspective Chapter 2 - Never stop asking for what you want The power of universal principles A man should be measured by his ambitions When obstacles seem insurmountable In praise of a polite, courteous approach A simple technique for increasing your self-assurance The fisherman and the hook When a heavy storm breaks out Chapter 3 - Learn to rely primarily on yourself Penniless and uneducated, but determined Surviving a major crisis without a scratch Without resources and social connections Looking for possibilities of advancement A particularly unimpressive man Choose a consistent strategy A machine that functions under any kind of weather Chapter 4 - Keep trudging forward Decisiveness...

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