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(Dr. Cullen Schmitt MD)

# SOMEDAY: THE EXCUSES WE TELL OURSELVES (PAPERBACK)



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Archway Publishing, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you ever been around people who mentally wear you out with their negativity? Or are you caught up in negative thoughts about the outcome of your life and the relationships in it? Do you feel as though you re floundering, with no hope of a better life? Author David E. Lash s Someday: The Excuses We Tell Ourselves, aims to get you to look at yourself honestly and to understand you are exactly where you are supposed to be based on your belief system. Change your belief system, change your life. Lash is no stranger to the struggles of the everyday individual. He isn t super-financially rich, doesn t have an island home, or anything over the top like that. A self-employed, middle-class entrepreneur, he faces the same life issues most of us do daily. Divided into two parts, Someday is meant to be a quick, daily read. You ll learn what forces and influential people shaped the author as a young boy. Some may sound familiar. Lash shows you the importance of being a proactive rather than reactive person. He shares six principles to becoming a proactive person, how to build on those pillars one at a time, and how you can benefit from adopting those elements and embracing change. Change can be scary. But as you ll discover in Someday: The Excuses We Tell Ourselves, it can bring you the life you desire. You don t have to settle for a lesser life that leaves you unsatisfied and wanting more.

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