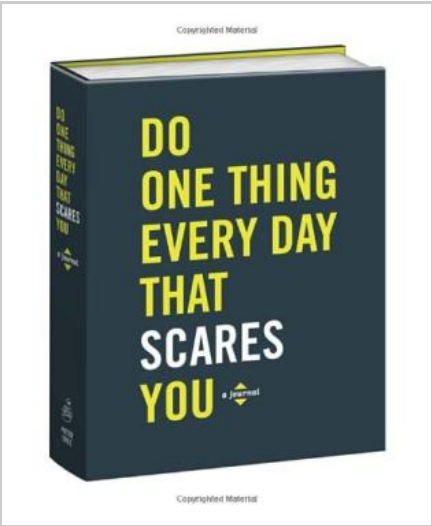


DOWNLOAD

Do One Thing Every Day That Scares You

By Robie Rogge

Random House USA Inc, United States, 2014. Diary. Book Condition: New. 147 x 117 mm. Language: English . Brand New Book. Each day is an opportunity to perform one small act of bravery; singing out loud, asking for help, admitting a mistake, pitching an idea, accepting a compliment, changing your hair, going for the prize, failing spectacularly and trying agin. This journal contains a year s worth of fear-facing prompts and mottoes of encouragement. It provides space to jot down daily examples of your own courage--the small steps that culminate in one bold year.Jotting down one thing a day, especially on fortifying subjects like gratitude and happiness, is an enormously popular journaling practice (one that is recommended by nearly every best-selling self-help author). Bravery is another key ingredient of self-actualization, so why not make a daily habit of thinking courageously?This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off New Year, New You projects.

READ ONLINE
[2.46 MB]

Reviews

This book might be worthy of a go through, and a lot better than other. it had been writtern really properly and helpful. You may like just how the author write this publication.

-- ***Prof. Mattie Beatty***

A must buy book if you need to adding benefit. It really is writter in easy terms instead of difficult to understand. I found out this ebook from my dad and i advised this publication to find out.

-- ***Prof. Elton Gibson I***