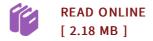




The Breaking Point: A Full-Circle Journey, Workbook Journal: Living Life Beyond All the Broken Pieces

By Michelle Hannah

iUniverse, United States, 2014. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****. This companion journal and workbook to The Breaking Point: A Full-Circle Journey offers a self-reflective learning tool designed to help you change your life and achieve your goals. Designed to be used alongside the main text, this edition challenges you to tell and embrace the truth and to take actions that motivate you, answer your questions, open your soul, and inspire you to explore the possibilities in what once seemed impossible. Author Michelle Hannah, a certified relationship coach, presents a four-pronged approach to helping you improve your feelings of self-esteem in order to move through difficult life changes. She addresses the phases of the four Bs-breakup, breakdown, breakthrough, and breakoutthat help you come full circle in the most critical areas of your life, including relationships, health, family, and work. Using examples from her personal journey and offering pertinent exercises, Hannah shows how moving through the four Bs can facilitate your understanding of how to live every day beyond the fear, pain, brokenness, and disappointment and help you move toward a healthy and happy life.



Reviews

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-- Era Thompson

It is fantastic and great. This is for those who statte there was not a worth looking at. Its been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

-- Barry O'Reilly

Other Books



Character Strengths Matter: How to Live a Full Life

Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as...



The Red Leather Diary: Reclaiming a Life Through the Pages of a Lost Journal (P.S.)

Harper Perennial. PAPERBACK. Book Condition: New. 0061256781 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! *...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book

McGraw Hill. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New In Softcover Format, How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book. 1-1-3.



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