



REINVENTING YOURSELF: OVERCOME YOUR ANXIETY AND FEAR WHEN FACED WITH LIFE'S PROBLEMS AND CHALLENGES

Mario Alonso Puig

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We all face obstacles and problems in life which often brings us to a standstill. Many people do not know what to do when their relationships go wrong, for example. Others would like to be more daring, more decisive or more successful. Yet, something gets in the way and they finally give up. When faced with adverse or unfamiliar circumstances, our natural reaction is to become anxious and negative. A No.1 bestseller in Spain already (over 30,000 copies sold since May 2010), this book is designed to transform your outlook to life. By examining how the human brain works and seeing what is hidden in the depths of our minds, the author demonstrates how we can transcend the limits that our mind sets us. And consequently, we can control and overcome those automatic reactions (of fear and anxiousness) when faced with obstacles and problems in our daily lives. Reinventing yourself does not mean becoming someone different, but instead, it means bringing our real self to the surface. It is in this new area of possibilities where creativity flows, along with the confidence and energy to transform our outlook to life.

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