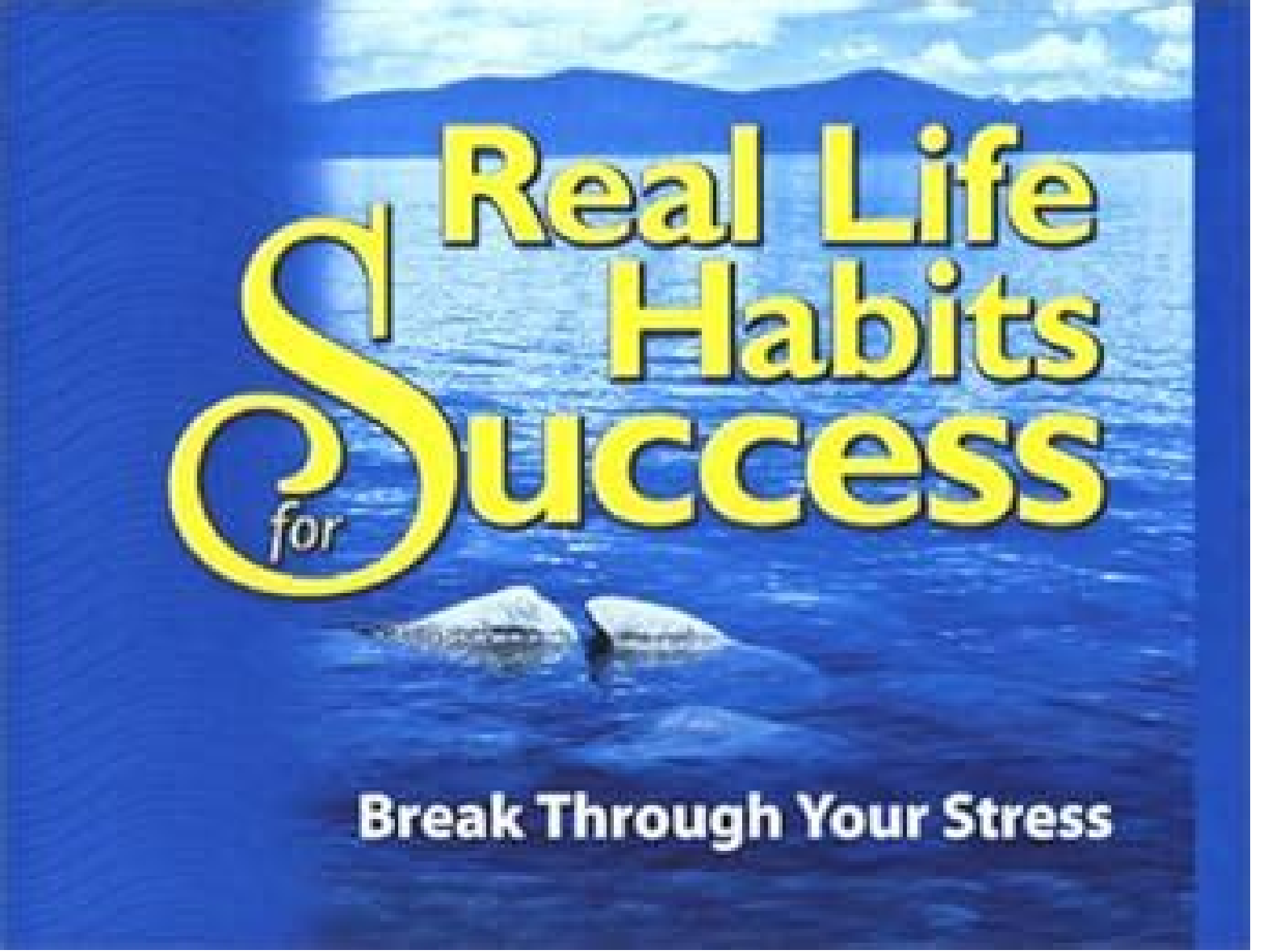




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for

Break Through Your Stress

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Silas Mary



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The Breakthrough Method Cathy Morenzie,2024-03-19 This is not a weight loss book It s a paradigm shattering revelation that will liberate you from the diet mindset Forget everything you ve ever been taught about weight loss In fact that s the very thing that s been keeping you overweight and overwhelmed Finally after 35 years Cathy Morenzie is sharing her counter culture breakthrough principles which have helped countless people release excess weight through Bible based principles that anyone can follow starting today Cathy Morenzie s 14 principles are poised to revolutionize the way you perceive and navigate your health journey providing a biblical blueprint to lasting change and well being Say goodbye to the old and welcome a new era in the pursuit of a healthier purpose driven life Written with the help of 11 leading health wellness coaches they share how these 14 principles have helped them and their clients achieve lasting success even when everything else failed

Turn Your Life into a Success Machine: How to Build Daily Habits That Guarantee Long-Term Growth Silas Mary,2025-02-26 Success is built day by day through the habits you develop Turn Your Life into a Success Machine shows you how to create powerful daily habits that ensure long term growth and success In this book you ll learn how to identify and implement habits that align with your goals boost your productivity and enhance your well being Whether you want to improve your health grow your business or achieve personal development this book teaches you how to make small incremental changes that add up to massive success over time You ll learn how to stay consistent track your progress and maintain motivation so you can build a lifestyle that supports continuous growth and achievement By the end of the book you will have created a personalized success system that guarantees long term success

Small Habits, Big Changes, Massive Growth: The Science of Daily Improvement Silas Mary,2025-02-14 Success is built on the small daily habits that compound over time This book explores the science behind how tiny consistent actions lead to massive growth and transformation By adopting small habits that align with your long term goals you ll experience exponential improvement in all areas of your life The key to growth is consistency and this book shows you how to develop simple routines that will propel you forward Whether it s health career or personal development small habits have the power to create big changes This book breaks down how to build and sustain those habits to achieve lasting success one step at a time Through research backed strategies and practical tips you ll learn how to create a lifestyle of continuous improvement and unlock your full potential

The Winning Habits: Master the Simple Daily Practices of Highly Successful People" LALIT MOHAN SHUKLA,2025-09-29 Tired of Setting Goals You Never Reach Discover the Simple Daily Habits That Separate the World s Most Successful People from Everyone Else Do you feel stuck in a cycle of procrastination and mediocrity Do you start each week with ambition but end it with frustration wondering why others achieve extraordinary success while you struggle to keep up The gap between the life you have and the life you want isn t a matter of luck talent or intelligence it s a matter of habits The Winning Habits is not just another self help book it s a practical step by step blueprint for re engineering your life

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understanding of hypnosis Discover its rich history and scientific underpinnings while debunking common myths Learn how habits and addictions take root in the subconscious and explore how hypnosis can redefine your behavioral landscape In *The Hypnotic Breakthrough* you will find practical strategies for behavior change stepping into a realm where hypnogogic suggestion and behavioral cues align for success Witness inspiring success stories that demonstrate real world transformations Break free from addiction with hypnosis tackling cravings with techniques that reach the subconscious Build new habits with self hypnosis tactics designed to reinforce positive change Each chapter offers tools and exercises to create a hypnosis supportive environment setting you up for sustained success Explore the art of self hypnosis crafting personalized scripts and developing daily practices while avoiding common pitfalls Learn from case studies that reveal the therapeutic alliance s impact and explore advanced hypnosis techniques that deepen trance states and address past traumas Integrating hypnosis with other therapies opens new horizons for personal and therapeutic breakthroughs Discover how hypnosis can complement Cognitive Behavioral Therapy CBT and mindfulness practices creating a holistic approach to change Measure your progress celebrate achievements and continuously expand your awareness *The Hypnotic Breakthrough* guides you through every step of transformation offering resources for future learning and inspiring a lifelong journey of self improvement Embrace the future you seek with the empowering insights and techniques found within these pages Your path to transformation begins now

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The Epworth Herald ,1890 Atomic Focus: Mastering Your Time in a Distracted World Warren Hayes,2025-08-02 In a world overwhelmed by endless pings tabs

and to do lists Atomic Focus offers a practical and powerful antidote to modern distraction This book dives deep into the mechanisms of attention exposing the hidden forces that hijack our days and deplete our mental energy It doesn't promise overnight transformation but rather a system of small deliberate shifts atomic habits of attention that when compounded lead to extraordinary clarity and control With science backed strategies and real world applications it teaches readers how to protect their time direct their mind and create environments that foster flow and deep work More than just another productivity manual Atomic Focus is a guide to reclaiming agency over your schedule and peace within your mind It challenges the glorification of multitasking and busyness replacing them with intentionality and presence Readers learn how to build unshakable routines eliminate digital noise and prioritize what truly matters both in work and life Whether you're a student a professional or anyone feeling pulled in a thousand directions this book offers a minimalist yet powerful approach to thriving in the age of distraction Win the Morning, Rule the Day - The 5AM Formula for Success Silas

Mary, 2025-02-17 The way you start your day sets the tone for everything that follows Win the Morning Rule the Day reveals the secrets behind the 5AM routine that successful individuals use to conquer their mornings and take control of their day In this book you'll learn how to wake up early structure your morning to boost productivity and set yourself up for success before the world even begins With actionable steps for creating a powerful morning routine you will learn how to focus on your priorities boost your energy and get ahead of the competition When you win the morning you rule the day and this book shows you how

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