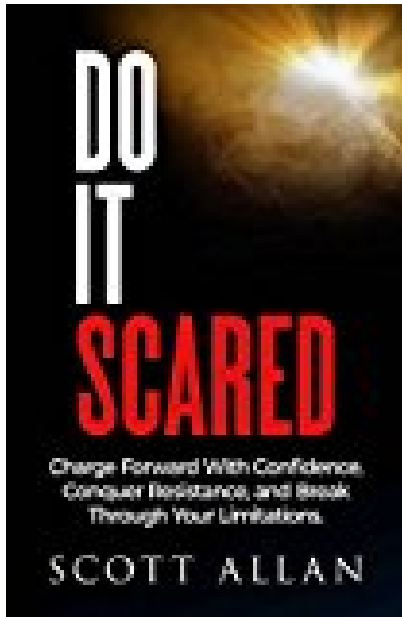


Do It Scared Charge Forward With Confidence Conquer Resistance and Break Through Your Limitations.



BOOK DETAILS

- Author : Scott Allan
- Pages : 183 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1542700728

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BOOK SYNOPSIS

Feeling paralyzed from taking action because you're afraid of a negative outcome? Bad habits holding you back from trying? Afraid to take that first leap towards your dreams? We all get stuck sometimes. It's easy to fall into a rut when fear takes over and you feel trapped by mental paralysis. The fear of failure keeps you from pursuing your true passion. Don't be held back by your self-doubt ever again. Here's the fact: You can do anything you desire by taking consistent action even when you're scared. You can take action...act confidently...convert your bad habits into productive action. If you're sick and tired of feeling this way, you are not alone. I meet people everyday who are tired of their fear, tired of working for the wrong reasons, and tired of the life they are living but never wanted. It is time to change all of this. Subconsciously we feed into our limiting self-doubts with compulsive addictions, negative beliefs, and worn-out thoughts that lead to failure. Written by bestselling author Scott Allan, *Do It Scared* will show you how to: - Recognize the distractors keeping you stuck - Control your internal conversation and talk back to your negative voice - Make intentional decisions and take control of your life - Let go of your excuses stopping you from taking action - Turn negative thoughts into positive choices By reading *Do It Scared* today you will be able to: - Create an action plan for getting critical tasks done - Forge amazing relationships with the right people - Take risks and overcome your limiting beliefs - Turn a lifetime of regret into instant gratitude - Put an end to your limiting beliefs and create a limitless mindset The fear of taking action leads to inaction. The fear of looking stupid triggers avoidance mechanisms. If we fail to take action to achieve the things we desire most, we miss out on greater opportunities down the road. You might be scared to try something now, but how will you feel if somebody else beats you to it and they succeed where you could have? Don't stay scared...put an end to the self-doubt holding you back and create a thriving and fearless lifestyle.

DO IT SCARED CHARGE FORWARD WITH CONFIDENCE CONQUER RESISTANCE AND BREAK THROUGH YOUR LIMITATIONS.

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