



# **The Seven Habits - Book Seven - Master Yourself: Step Out Of Your Comfort Zone (The Seven habits for Feeling Good 7)**

*Julieana Farrell*

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**In BOOK SEVEN – STEP OUT OF YOUR COMFORT ZONE - You'll learn:**

- The very purpose of life and what that means to you.
- How to step out of your small sense of self and why it holds you back.
- How to set and achieve your goals.
- How to MAKE ALL YOUR DREAMS COME TRUE!

## **Benefits of the Series**

### **The Seven Habits For Feeling Good Series:**

- Contains easy-to-grasp teachings and exercises, which have immediate positive results on the wellbeing of the reader.
- Promotes simple shifts in thinking that can be easily implemented into real-life situations.
- Offers a way out of suffering and demonstrates how to keep a peaceful mind, so that even the bad times are good!
- Explains the cause of all human problems and how to overcome them.
- Explains how to strip away the layers of unhelpful beliefs that we've accumulated over the years, so that we can experience mental freedom and self-expression.
- Gives straight-forward techniques on how to enhance communication skills and achieve goals, whilst keeping a peaceful mind.
- Enables the reader to create harmonious relationships – which is something that everyone wants.

### **People who practice the teachings in the series often report:**

- An understanding that their mind is the cause of all their suffering, and how to keep it peaceful.
- An insight into the workings of the mind, which empowers the individual to control their life experiences, rather than being at the mercy of what life throws at them.
- A permanent increase in satisfaction, peace of mind, and confidence.
- An improvement in the quality of relationships and communication skills.
- An understanding of where their concept of self comes from, and how to cultivate the helpful personality traits, whilst abandoning the unhelpful ones.

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