

Your comfort zone is killing you: Finding the courage to be you

By Billy Anderson

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Would you like to avoid the #1 regret of people on their deathbed? "I wish I'd had the courage to live a life true to myself, not the life others expected of me." You'll be taken through a process to uncover the courageous person you're meant to be, allowing you to love who you are, live true to yourself and feel strong enough to carve your own path in life. This book is based on REAL LIFE experiences of the author and his clients, not on research done to rats or focus groups desperately trying to prove an already-determined point. I will lay it all on the table so you can learn from our victories, our screw-ups and our embarrassing moments. Get ready to build the kind of life that makes you want to jump out of bed and dance to the radio.

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