



Get out of your Comfort Zone - The Exercise Book for your Personal Growth

By *Andreas Brede, Sascha Ballach*

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This book works with a whole new method in personal development. Other than so many self-help-books out there, this book follows a different approach of less theory and more practice. Nobody has changed through only reading a book, but through applying the acquired knowledge and making the experiences that come with doing so. This book doesn't only give you the necessary knowledge, but also a lot of practical exercises that will help you to develop your personality and to realize and extend your potential.

In the past years the expansion of the Comfort Zone has proven to be a very effective way to push one's personal development, to confront oneself with one's fears, and to gain more self confidence and a confident appearance. In addition to that, the exercises train your flexibility in dealing with diverse situations that can occur in your life. A situation is always determined by the person with the highest flexibility.

If you only want to read about personal development, then this book is not for you. However, if you really want to do something for yourself and your personal development, then this book is perfect for you. Follow the exercises and in the shortest time you will feel and see yourself and your life changing.

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