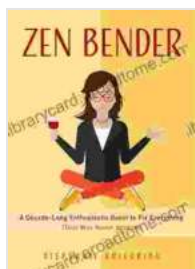


Decade Long Enthusiastic Quest To Fix Everything That Was Never Broken Self



Zen Bender: A Decade-Long Enthusiastic Quest to Fix Everything (That Was Never Broken) (Self-Confidence for Women, Personal Growth) by Stephanie Krikorian

★★★★☆ 4.3 out of 5

Language : English
File size : 1374 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 251 pages



A Decade-Long Journey of Self-Discovery, Transformation, and the Realization That We Are Not Broken and Do Not Need to Be Fixed

For over a decade, I embarked on an enthusiastic quest to fix everything that was wrong with me. I believed that if I could just change enough about myself, I would finally be happy and fulfilled. I tried everything from therapy to self-help books to meditation and yoga. But no matter what I did, I always felt like something was missing.

It wasn't until I finally realized that I was not broken and did not need to be fixed that I began to heal. I learned to accept myself for who I am, flaws and all. I learned to love myself unconditionally. And I learned to live my life authentically, without trying to be someone I'm not.

This book is a chronicle of my decade-long journey of self-discovery, transformation, and healing. I share my personal anecdotes, thought-provoking insights, and practical exercises to help you on your own path of self-acceptance, healing, and authenticity.

What You Will Learn in This Book

- How to identify the beliefs and patterns that are holding you back
- How to let go of self-criticism and embrace self-compassion
- How to heal your wounds and traumas
- How to live a more authentic and fulfilling life

Who This Book Is For

This book is for anyone who has ever felt like they are not good enough. It is for anyone who has ever tried to change themselves to fit in or to please others. It is for anyone who is ready to embark on a journey of self-discovery, transformation, and healing.

About the Author

I am a writer, speaker, and coach who has been working with individuals and groups for over a decade. My passion is helping people to discover their true selves and to live their lives authentically. I believe that we are all capable of healing and transformation, and I am honored to be a part of that journey with others.

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