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Even Eagles Need a Push: Learning to Soar in a Changing World

David McNally

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Even Eagles Need a Push: Learning to Soar in a Changing World David McNally
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Why does the thrill of soaring begin with the fear of falling? How can you overcome that fear and dare to *live?* Let David McNally lead you on an extraordinary journey of discovery that takes you from motivation to inspiration to action. Be prepared to work! In this book, *you* write the ending. Read fascinating anecdotes, stories, personal revelations; practice the meditations, self-assessment exercises, affirmations, and keep track in your journal as you discover the power of your potential and begin to soar. Learn how to

Choose your attitude and transform your life
Practice positive affirmations to overcome self-doubt
Radiate confidence as you discover the power of purpose
Use language to help shape your thoughts
Achieve what you truly want from life

Maximize your creative potential. Find success with dignity. Deal with personal crises. Discover your answers in the book that will forever change the way you feel about your work, your dreams, and yourself, as it helps put your own personal powers to work.

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