

Feed Your Soul, Starve Your Ego: Your Path to Greatness (Paperback)



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Fastpencil, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I was underemployed working part-time and sporadically as a coach, personal trainer, and substitute teacher; my finances a mess and only getting uglier by the week. Then I received what I saw as a sign, a sign to keep going, to stay the course. It wasn't a job or anything that would improve my financial situation at all but it was something I had been seeking far longer than I had been looking for work; a woman with strength and discipline beyond my own, a woman I would have to improve for daily to stay worthy of her company. Unfortunately our paths in life did not lead us in the same direction as she was on her own journey with her own struggles. As quickly as she entered my life and gave me hope she left it filling me with doubt about where my life was going. This book is not about the woman, or me, it is the product of my attempt to rebuild myself from within; with a concrete foundation that would withstand the many obstacles and often punishing times life presents us. I turned to reading and writing. I read anything I thought might give me insight on what it really takes not just to survive life, but to thrive in it. I wrote just about anything that came to mind, keeping a journal that would often include multiple entries per day. Those entries ranged in topics from my recent failed relationship, my failed career choice, reflections on what I was reading at the time, future business ideas, and words of wisdom that would hit me spontaneously throughout the day. A few months into...

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