



You Empowered Strong: Infinite Possibilities in the Power of Y.E.S. (Paperback)

By Candy Barone

Createspace, United States, 2013. Paperback. Condition: New. Andrea Nordgren (illustrator). Language: English . Brand New Book ***** Print on Demand *****. You Empowered Strong is a self-directed book and resource to help you live the life you truly want! Candy Barone, also known as the Pull-No-Punches Accountability Powerhouse, helps you get crystal clear on the goals you have for yourself, begin to destroy the barriers that might be getting in your way, and put together a customized roadmap with measurable action items to make your dreams a reality. Candy's approach is direct and eye-opening, as she shares examples of from her own personal journey, along with interactions with clients, to illustrate the noise slowing you down or sabotaging you completely in being able to do more and be more. She shows you that you have the power to make the choices to destroy your excuses once and for all and create a sustainable way to become empowered strong! Candy challenges you to take a closer look at your own self-talk, your current beliefs, existing fears and insecurities to take a closer look at how you are playing small and how to change that cycle within yourself for good. If...

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