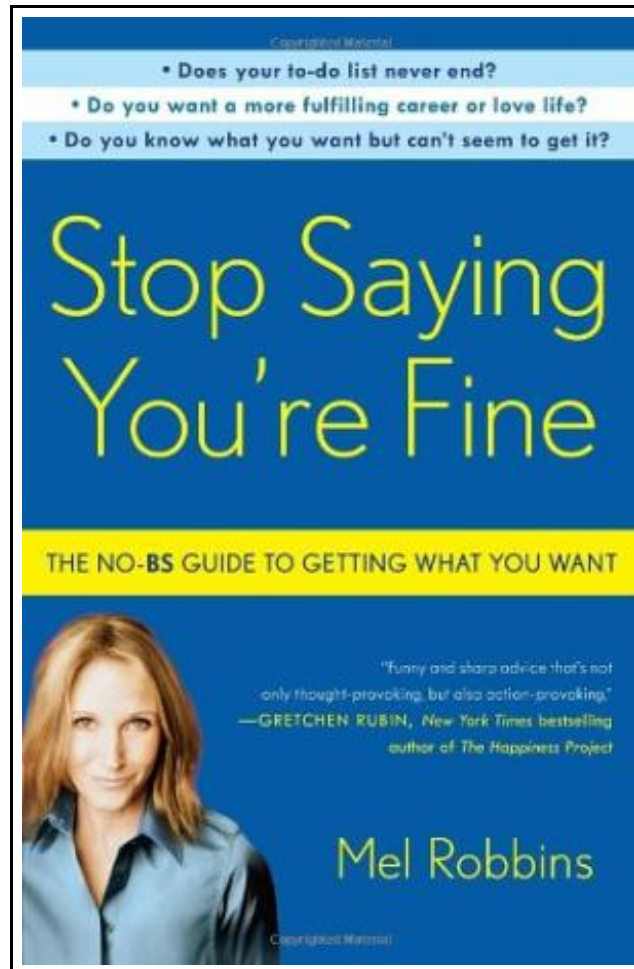


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Random House USA Inc, United States, 2012. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book. Right now, over 100 million Americans secretly feel frustrated and bored with their lives. You may be one of them if *you ve come to regard yourself as your own worst enemy *you ve developed a commute-work-commute-sleep routine that seems endless *you and your significant other treat each other like roommates *you constantly daydream and wonder, Is this all there is? *you sense a potentially hot relationship with someone next door, down the hall, or in the adjacent cubicle but somehow it never happens *you worry that no matter what you do to stay in shape, the battle is already lost *you have a tendency, when asked how you re doing, to just say, Fine. If any of the above sounds familiar, there s clearly something missing from your life. This book will help you discover what it is, and how to win it back. Written by Mel Robbins, one of America s top relationship experts and radio/tv personalities, this hands-on guide not only shows you how to put your finger on the problem, it reveals what to do about it. Mel Robbins has spent her career teaching people how to push past their self-imposed limits to get what they truly desire. She has an in-depth understanding of the psychological and social factors that repeatedly hold you back, and more important, a unique set of tools for getting you where you want to be. In Stop Saying You re Fine, she draws on the latest neuroscientific research, interviews with countless everyday people, and ideas she s tested in her own life to show what works and what doesn t. The key, she explains, is understanding how your own...



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