



## Break Out: A Powerful Guide on Breaking Out of Your Comfort Zone and Building a Life of Success and Happiness! (Paperback)

By Zak Khan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Your Perfect Life Is Just A Book Away! Are you battling to break out of the comfort zone? Do you find yourself doubting whether or not success and happiness is on the cards for you? Do you feel insecure, scared, unsure, pessimistic, lazy, uninterested, afraid or anxious when faced with a new challenge? Has your life come to standstill? Are you no longer hungry for success and happiness? If you answer yes to the above, sadly, you re stuck in a comfort zone. The good news? Well, you can break out of it and you can break out fast! In this elaborate guide, you will systematically be taught how to break out of the dangerous comfort zone, replace your negative habits with positive habits and adapt from a lazy mindset to an excited, optimistic and productive mindset. You are not broken and this is not a fix it kind of book. The aim of this book is to help you unleash your best self to the world. You will be introduced to a number of practical activities that...



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