



# Move! You're in Your Own Way: 7 Steps to Designing an Extraordinary Life

*Patricia Knight*

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## **Move! You're in Your Own Way: 7 Steps to Designing an Extraordinary Life** Patricia Knight

Are you dealing with changes, challenges, a desire to create, or to climb new mountains? Do you wish to accomplish new goals and do more than you have done before? Are you dealing with the stress of doing too much, not enough, or not the right thing? Are expectations increasing? Is control challenged, is doubt rampant? This book will provide solutions! Many people do not know what to do to “Get Out of Their Own Way” to make extraordinary success happen. This book has ancient wisdom, modern science, and action packed methods for change. It tells readers the “Now What” and “What Next. It adds individualized practical tools for change. Readers will: -Clearly identify and articulate who they are, -learning more about their values, beliefs, strengths and accomplishments. -Build on this this knowledge and create a clear vision of success. -Discover how to take control of their personal power and the power of intentions to make the vision real. -Learn to negotiate change and overcome limiting barriers and roadblocks to success. -Envision new possibilities, take strong action and increase their level of satisfaction in areas of their lives. -Learn tools to live at 100%. -Learn to embrace self-care and live a more balanced life. -This book fulfills the requirement of readers who require different input at different times in their lives.

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