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50 WAYS TO EXPAND YOUR COMFORT ZONE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you leap out of bed on a Monday morning, keen to start the day? Are you so full of life you don't want to waste a moment of your time? Do you have so many plans and ideas for the week, you can't wait to get going? Pouring yourself a cup of ambition, you drink it and head off to your work, full of the joys of spring even though it's the middle of winter. Hahahaha! I'm just joking. If that were true, you wouldn't be reading this. More than likely, you struggle out of bed at the last possible moment, wishing the day were over before it has even begun. You carry out the same routine every day, because it's what you've always done. Then you come home and sit in front of the television, picking your nose all evening, before you go to bed. If this is you, then you're stuck in your little comfort zone. It might not be much fun, but at least it's easy. Problem is, nothing will change until you try something different and this book is where it all starts. So open the front cover and let's get going.



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