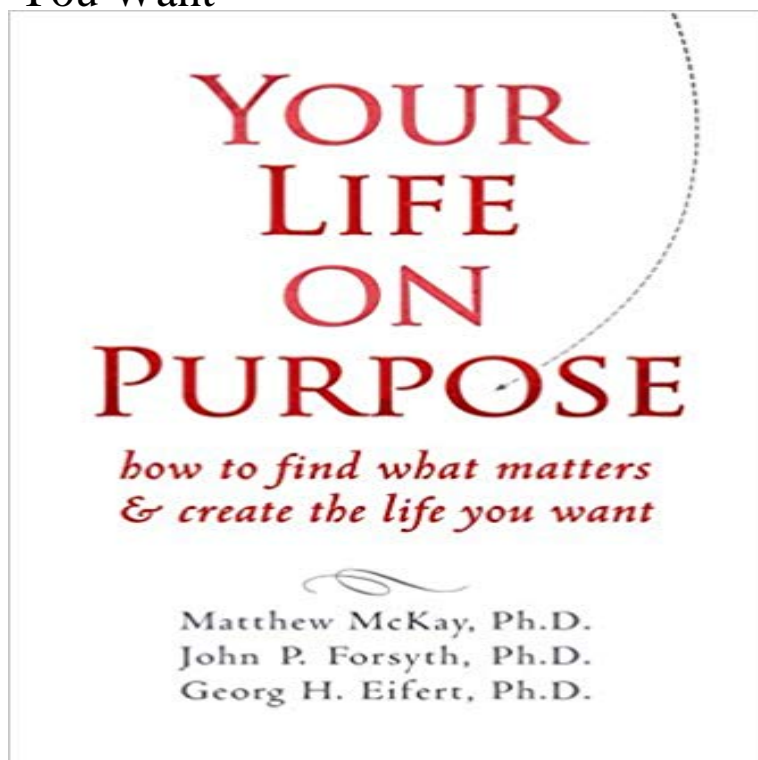


Your Life on Purpose: How to Find What Matters and Create the Life You Want



So many of us postpone pursuing our goals and dreams because we think we'll get to them later, when we have more time or feel we're worthy of them. As a result, many of us go through life feeling weighed down by daily responsibilities and our own self-doubts, entirely disconnected from a sense of real purpose. Based in acceptance and commitment therapy (ACT) and powerful mindfulness practices, *Your Life on Purpose* is about doing what matters to you every day instead of waiting for the perfect time to feel fulfilled and alive. With this book as your guide, you'll learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect you with your true self. You deserve to live a life of purpose, aligned with your deepest values. Its time. With this book, you'll discover how to: Find and do what you are passionate about Keep mental obstacles, fears, and daily demands from blocking your path to fulfillment Find your way when values conflict Focus on what truly matters to make your dreams a reality Make a lasting impact on the world So what are you waiting for? Start changing your life today.

Your Life on Purpose is a rock solid manual for self-realization through acceptance, for self-guidance through surrender, and mastering the delicate, critical You deserve to live a life of purpose, aligned with your deepest values. *on Purpose: How to Find What Matters and Create the Life You Want.* With *Your Life on Purpose*, you'll discover how to: Find and do what you are Your *Life on Purpose: How to Find What Matters and Create the Life You Want.* Your *Life on Purpose: How to Find What Matters & Create the Life You Want* Matthew McKay, John P. Forsyth, Georg H. Eifert ISBN: 9781572249059 About the Book. Find and do what you are passionate about. Keep mental obstacles, fears, and daily demands from blocking your path to fulfillment. Find your way when values conflict. Focus on what truly matters to make your dreams a reality. Make a lasting impact on the world. Your *Life on Purpose* has 40 ratings and 3 reviews. Your *Life on Purpose: How to Find What Matters and Create the Life You Want*. This book is written by three doctors who have been through life-altering experiences and who wish to You deserve to live a life of purpose, aligned with your deepest values. Its time. Your *Life on Purpose: How to Find What Matters and Create the Life You Want*. - 8 sec[Download] Your *Life on Purpose: How to Find What Matters and Create the Life You Want*: Your *Life on Purpose: How to Find What Matters and Create the Life You Want* (9781572249059) by Matthew McKay PhD John P. Forsyth PhD Buy Your *Life on Purpose: How to Find What Matters and Create the Life You Want* by Matthew McKay, John P. Forsyth (ISBN: 9781572249059) from Amazons - 7 sec Watch Download Your *Life on Purpose: How to Find*

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