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*Aaron Rentfrew*

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A Step-by-Step Solution to Loving Yourself and Crushing Goals Let go of the anchors holding you down! From the depths of depression and despair to leading teams of people as an executive, business owner, and entrepreneur; Aaron's real passion is helping others that are struggling to find a way out. Turning Point is for those who desperately want to move forward with their lives but keep giving up. It's for those that vigorously set goals only to give up on them. (That's a reason you do that!) This isn't just a how-to guide to rebuilding your self-esteem, it's also a strategy for making the change stick for good! Author Aaron Rentfrew serves up over 200 pages of techniques, strategies, and personal advice on personal growth and goal achievement. Included with the book are outlines and worksheets for the phases, Membership to the Living Right Newsletter and Forum. There is a certain magic that happens when you stop beating yourself up all the time and focus on growth. Like all great things, this takes a work and practice. This book outlines and sets a course for the reader to help themselves and be there to help others. In addition, there are guides to Goal Achievement, Meditation, Relationships, Diet, and more! If yours

struggling and looking to make a change that will stick than this book is for you. If you want to remove things that are holding you back to be more successful than this book is for you. By the end of this book, (provided you put in the work) you will undoubtedly be ready to take on life and feel better about yourself!

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