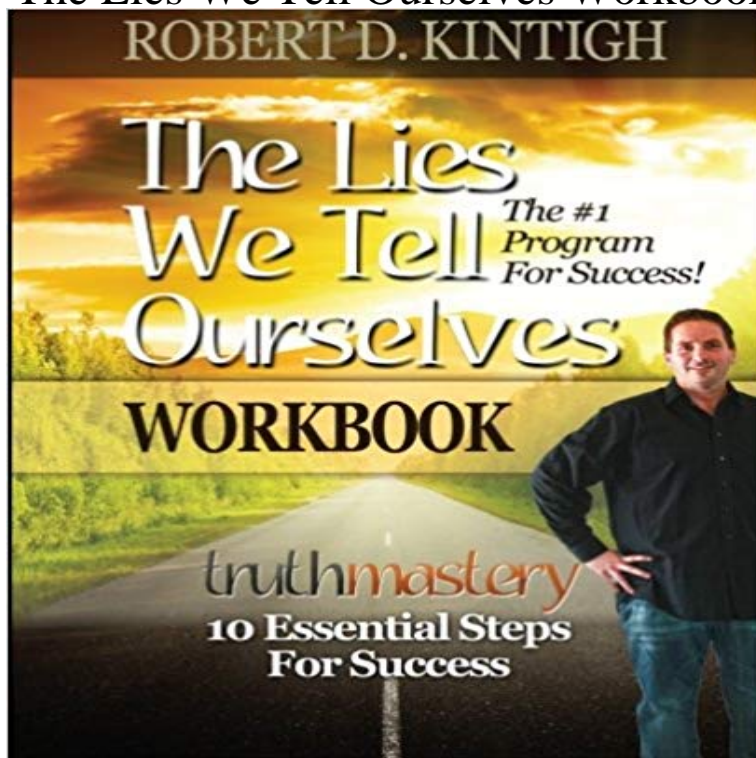


The Lies We Tell Ourselves Workbook



When I wrote the book *The Lies We Tell Ourselves* I wanted to tell a story of an ordinary guy that had been through a lot in his youth and came out the other side extraordinary. I wanted to write it from the point of view that the character was average, from a broken home and back ground, lived through some incredible tough times and learned from his experiences to create an incredible life so that no matter who picked up the book there would be next to no excuses. The book has been a success but it was not good enough yet. I wanted to create the how to workbook of what it took to get the character to the best life ever. I wanted to create it simple, simple language and that would create powerful results. I needed to know the formula was bullet proof which was easy since it is the same formula that the character used for himself.

That character was the author Robert Kintigh and the formula is this workbook and I will guarantee that if you follow the formula you will obtain success in whatever you desire. The workbook has all of the elements to help you to focus on what you want and fix whatever you feel may be broken. This is a literary work that was made for you and anyone who needs that boost or push to greatness. *The Lies We Tell Ourselves* workbook is personal growth done right and easy with no weird chanting or false gimmicks or ideas. Make no mistake about what I am saying; you are going to have to follow the process and you will have to work hard. I have discovered some secrets but they are not magical secrets. You will have to dig in to get what you want and desire. If you want to be better, stronger, happier, a better parent, better at your profession or looking to get past something tragic that happened in your life then you will want this workbook as well as my best selling book *The Lies We Tell Ourselves*. You deserve a second chance! You deserve an outrageous life! You deserve happiness in your

relationship! There is no limit for you when you take on the 10 Essential Steps for Success in this workbook. Life is good and plentiful and you will be well on your way as soon as you get to work! This workbook focuses around a step by step process done daily, weekly or monthly! Get your copy of The Lies We Tell Ourselves Workbook for a chance at your best life ever! No hype just a proven process by a great life coach!

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