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No Matter What!: 9 Steps to Living the Life You Love [Unabridged] (AUDIO CD/AUDIO BOOK)

Lisa (Author); Nichols

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There's no diet, no push-ups, no treadmill. But Lisa Nichols has got a plan that will move you, flex your "bounce-back" muscles and empower you to realize your dreams, no matter what. Her message is one of resiliency: you can get the life you deserve and realize your dreams, No Matter What! Millions of people are trying to live by The Secret's Law of Attraction, but the truth is that it won't work unless you've strengthened your bounce-back muscles. Your bounce-back muscles give you the strength and agility you need to navigate life's speed bumps-and the program in No Matter What outlines these 9 Steps or "muscles", which include your Confidence muscle, your Faith-in-Myself muscle, your Honesty Out Loud muscle and your Forgiveness muscle, and tells you how to use them to achieve happiness and success. By developing and toning her own bounce-back muscles at critical points in her life, Lisa Nichols found the power to become her authentic self and achieve everything she dared to hope for. In this powerful audiobook, Lisa breaks down her plan for listeners. She shares her own remarkable story and prescribes a program of specific exercises and action steps for readers to learn from their past and move toward a courageous future.

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