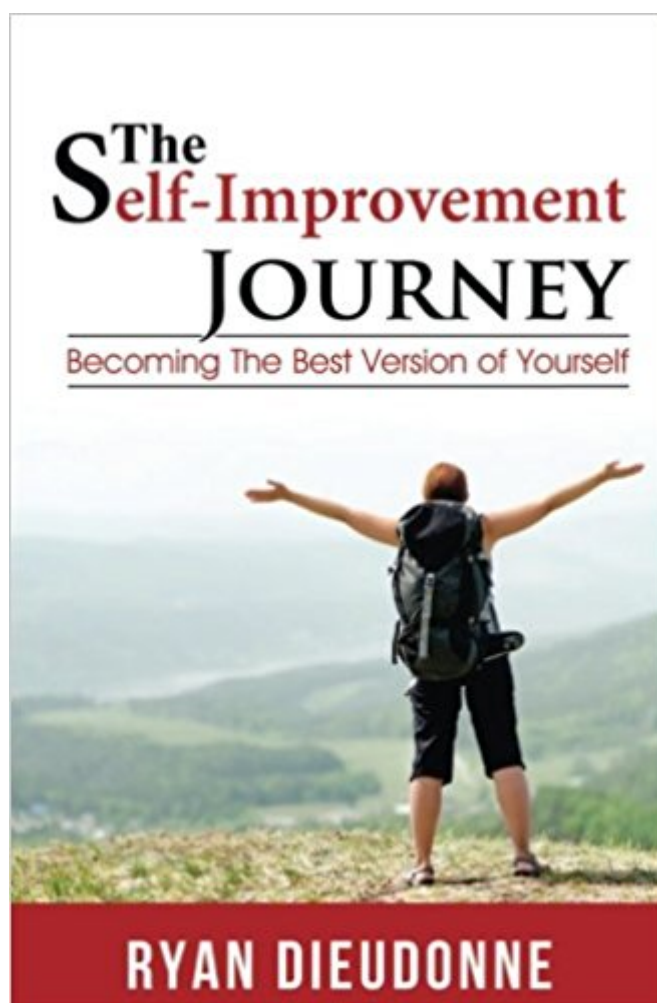




Ebook Directory
the best source of ebook

The book was found

The Self-Improvement Journey: Becoming The Best Version Of Yourself



Synopsis

Get More Out Of Life If you want to improve your life, improve yourself. Self improvement expert Ryan dieudonne asserts, "Most people don't realize that successful and unsuccessful people do not differ substantially in their abilities. They vary in their desire to reach their potential. The way they reach that potential is through commitment to personal growth." The Self-Improvement journey provides the essentials leaders need to keep striving for excellence no matter where they are or what they are doing. Some lessons you will learn from Ryan's years of experience: [Secret of becoming a lifelong learner](#) [Where to focus your time for maximum growth](#) [What sacrifices are worth making to keep getting better](#) [How to overcome obstacles to self-improvement](#) This Book Also Covers [Becoming happier and more positive](#) [Overcoming bad addictions](#) [Losing weight](#) [Procrastination](#) [Learning to work harder](#) [Breaking bad habits](#) [Time management](#) [Positive Thinking](#) [Overcoming limiting beliefs](#) [Chasing your dreams](#) [Mastering your emotions](#) [Never giving up on yourself](#) [Overcoming fear & Motivation for you every day!](#)

Book Information

Paperback: 136 pages

Publisher: CreateSpace Independent Publishing Platform (June 5, 2017)

Language: English

ISBN-10: 1547195517

ISBN-13: 978-1547195510

Product Dimensions: 5.2 x 0.3 x 8 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 12 customer reviews

Best Sellers Rank: #91,057 in Books (See Top 100 in Books) #44 in [Books > Self-Help > Anger Management](#) #45 in [Books > Health, Fitness & Dieting > Mental Health > Dreams](#) #81 in [Books > Self-Help > Journal Writing](#)

Customer Reviews

Ryan Dieudonne is an entrepreneur, motivational public figure, mentor, author & self improvement coach from Staten Island, New York. He is the founder of R-MOTIVATION, an organization that finds unique & creative ways of motivating and inspiring people in different areas of their lives. This all started for him when he was able to change his whole life around from working on himself daily

and when he began to get involved in business. After he made many positive changes in his own life, he dedicated his life to helping others become the best version of themselves and realize their potential.

Must buy! Very happy i purchased this book. I love how the author talks about how to be more positive and how to overcome bad habits. Definitely recommend this book to everyone who wants to improve ! I got an awesome after reading this , thank you!

Very inspirational and helpful book!! So many things I just didn't realize before has helped me in my day to day life! Knowledge is power and the author's stories are so motivating. This book is definitely my new favorite :)

What I love about this book is that it starts CH-1 with the most powerful influence of your life and opens up your eyes to the truth most people never see. After coming to this realization in CH-1 I couldn't stop reading as I wanted to fully understand what is holding me back from becoming better every day! Thank you this book is exactly what I needed.

This was one of the best motivating books I have read so far! Each page is full of energy and I felt it every second. While reading this book, I connected to every point and almost all of the stories. Every story has its own meaning and the author explains it to make it clear to us in this book. I do agree that if you want to improve not just yourself but your lifestyle too then, you must educate yourself. There is no way you can learn any of this in school or anywhere else.

I usually never read books but after I read this I can now see how important it is to continue educating myself, this book really helped me.

This book is very motivational and I applaud the author for sharing such personal experiences that many people can learn from.

This book helped me out in so many different ways, very happy I purchased this.

Very inspirational.

[Download to continue reading...](#)

The Self-Improvement Journey: Becoming The Best Version Of Yourself Eyesight Improvement: The Ultimate Guide How To Improve and Cure your Eyesight and Vision Naturally (Eyesight Improvement, Vision Improvement, Eyesight Cure, Health Restoration, Natural Cures) The Eyesight Improvement Cure: How To Improve Your Vision Naturally Without Glasses, Lenses Or Surgery (eyesight, eyesight improvement, eyesight improvement ... naturally, how to improve your vision) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) BE AMAZING: A Guide to Becoming the Best Version of Yourself Self-Reliance Skills: Your Handbook for Becoming Self-Sufficient in the 21st Century World (Self Sufficiency) Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) How To Represent Yourself in Family Court: A step-by-step guide to giving yourself the best chance of successfully representing yourself in court (How2Become) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Sex Guide: Mastering Your Sexuality and Becoming Good at Sex Every Time (Become Good at Sex, Sexual Improvement, Reach Sexual Pick, Last Longer) The Self-Love Experiment: Fifteen Principles for Becoming More Kind, Compassionate, and Accepting of Yourself Self Made: Becoming Empowered, Self-Reliant, and Rich in Every Way The Me I Want to Be: Becoming God's Best Version of You The Me I Want to Be Participant's Guide: Becoming God's Best Version of You Date Yourself Well: The Ultimate Engagement Plan: The Best-Selling 12 Engagements of Becoming the Great Lover of Your Life

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help