



Check Up from the Neck Up: Discover and Unlock the Power of Your True Self

By Andrew Horsfield

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Check Up from the Neck Up: Discover and Unlock the Power of Your True Self, Andrew Horsfield, DISCOVER AND UNLOCK THE POWER OF YOUR TRUE SELF Overview This book has been designed to encourage and expand your thinking. If reading it promotes you to go out and take action; awesome. If you take your thoughts to a dinner conversation; fantastic! If you just set aside some quiet time to read and contemplate; enjoy! The intention is for people to enter and interact with this book through whatever means, level and pace they feel comfortable. The purpose of this book is not to tell you how things are, how much you should be earning, what you should be striving for, what balance life should have or what you should value and in what quantity. From my experience, I have learned that nobody likes to be "should" on. The sole aim of this resource is for you to raise your level of mindfulness around how you are living your life. This is a book for self reflection NOT self help. Answers for questions that are raised will not appear upside down at the back of the book....



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