



# Take Action!: 23 Small Changes to Motivate Yourself to a Better Life: Eliminate Fear, Master Leadership, and Achieve Your Goals (Life Mastery Book 1)

By Hung Pham

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**Are you afraid that you'll never live your life to the fullest? Do you constantly wonder what your life could have or should have been? Is the fear of failure preventing you from moving forward?**

A lot of us want more out of life but how many of us are actually doing something about it?

**Let this book show you how to start.**

We all have hopes and dreams. We all have ambitions and goals. Sadly enough, too many people watch their dreams slowly fade away because they are afraid to take action and any major change seems impossible. I'm here to tell you that it is possible.

**In fact you can even start today.**

**Discover the Secret to Eliminate Fear, Be a Leader, and Create the Life You Want to Live**

Many people fear that change is drastic. The truth is it's not too late to create the

life you want to live. I've created a list of **23 tried and true small changes** that you can incorporate into your lifestyle.

This book is about **actionable** small changes that you can start using from day one. It starts with setting the **proper mindset and approach** then goes into how to **take action** to be a leader and create the life you want to live.

I'll teach you step by step how to **break the mental chains** that hold you back from taking action.

## **Here is a sample of the powerful techniques inside:**

- How to Visualize Success and Bring it to Life**
- Turn Your Negative Core Beliefs into Positive Affirmations
- How to Get Through Tough Times By Looking For Small Wins**
- Create Opportunities to Exert Your Leadership Abilities
- How to Find Others Whose Goals and Beliefs Align With Yours**
- Gain the Support of Others By Being an Excellent Communicator
- How to Get Over Your Fear of Rejection**
- Create an Environment That Promotes Positivity and Inspiration
- How to Develop Your Emotional Intelligence**

Create the **foundation of success** with one small change today. Here's to creating the life you want to live!

**Ready to Take Action?**

**Don't let another day go to by. Take back your life and start taking action! Scroll to the top of the page and select the buy button.**

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### **Editorial Review**

#### Review

*"Everybody deserves to live the life they were meant to live"* - Peter Dinh (Amazon Verified Purchase)

*"Change is good, action is better"* - Janine Baltar (Amazon Verified Purchase)

#### About the Author

"Life is Short - Do Stuff That Matters" - Many of us fear change because it is too difficult to do and so we stay stuck in our daily mundane routines. Hung Pham is a living example that it is never too late to create the life you've always wanted. All you need to do is to start today. In his books, Hung provides simple, easy to follow, actionable plans for many areas of your life including health, fitness, work and personal relationships. Unlike other personal development books, his material focuses on taking action and getting started. Instead of reading over-hyped strategies that rarely work in the real-world, you'll get information that can be immediately implemented. Hung Pham an entrepreneur and author residing in the San Francisco Bay Area. Learn more by subscribing to his newsletter at [missionandpossible.com](http://missionandpossible.com) and check out his books on personal development.

### **Users Review**

#### From reader reviews:

##### **Milford Garrett:**

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, likely to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the publication untitled Take Action!: 23 Small Changes to Motivate Yourself to a Better Life: Eliminate Fear, Master Leadership, and Achieve Your Goals (Life Mastery Book 1) can be great book to read. May be it is usually best activity to you.

##### **Patricia Mattox:**

Is it you who having spare time and then spend it whole day through watching television programs or just lying on the bed? Do you need something new? This Take Action!: 23 Small Changes to Motivate Yourself to a Better Life: Eliminate Fear, Master Leadership, and Achieve Your Goals (Life Mastery Book 1) can be the reply, oh how comes? It's a book you know. You are and so out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these ebooks have than the others?

**Cathy Duran:**

On this era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become considered one of it? It is just simple way to have that. What you should do is just spending your time almost no but quite enough to have a look at some books. One of the books in the top listing in your reading list will be *Take Action!: 23 Small Changes to Motivate Yourself to a Better Life: Eliminate Fear, Master Leadership, and Achieve Your Goals* (Life Mastery Book 1). This book that is qualified as *The Hungry Hills* can get you closer in turning out to be precious person. By looking right up and review this book you can get many advantages.

**Claudia Butler:**

What is your hobby? Have you heard that will question when you got scholars? We believe that that question was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. And you know that little person similar to reading or as reading become their hobby. You must know that reading is very important as well as book as to be the factor. Book is important thing to include you knowledge, except your teacher or lecturer. You discover good news or update with regards to something by book. Many kinds of books that can you choose to adopt be your object. One of them is *Take Action!: 23 Small Changes to Motivate Yourself to a Better Life: Eliminate Fear, Master Leadership, and Achieve Your Goals* (Life Mastery Book 1).

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