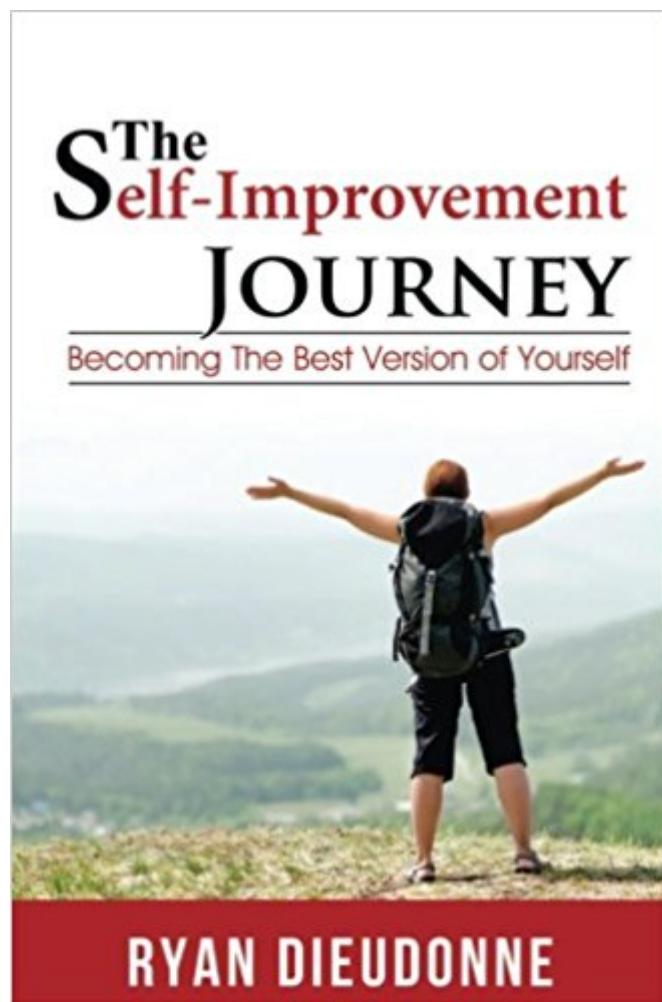


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# The Self-Improvement Journey: Becoming The Best Version Of Yourself



## 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

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## 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.

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