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Francisco Bloss



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Vasquez, 2023-03-07 Most people will experience trauma at some point after all life itself is traumatic Carlos history of trauma is a lengthy one he experienced homelessness drug addiction gang violence and witnessed murder and suicide which all led to a twenty year prison sentence by the age of nineteen A decade into his sentence in a solitary housing unit Carlos had made the decision to take his own life Before following through with his plan a prison chaplain entered his life and challenged him to battle through it and figure out what his purpose was This fleeting encounter would become one that altered the entire trajectory of Carlos life Stemming from that interaction Carlos became obsessed with understanding why over the course of his adolescence he had developed a callous mindset that had created so much destruction and failure in his life His self awareness gradually developed and ultimately altered his perception of how he viewed the world and his place in it That conversion acted as a catalyst for the concepts outlined in this book breaking him free from the bonds of his traumatic experiences In this book Carlos provides five practical principles for achieving personal success while counteracting the negative effects associated with trauma and substantiated by his own paradigm shift It is the hope of the author that this thought provoking work will serve as a useful guide for scholars practitioners and students alike

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comprehensive guide designed specifically for seniors will show you how Inside the book The secret to creating the ultimate morning routine so you can have your best day every day hint it has 3 parts How to get more done with an ultra efficient work routine plus the ultimate work routine for squeezing every last drop of potential out of your work hours How to renew your energy throughout the day with an energy ritual for all day energy and productivity plus how to schedule tasks according to your energy levels Why having cold showers every morning can leave you feeling more energized happy and productive The secret to waking up feeling energized hint it has nothing to do with how long you sleep for You re about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning So sit back and enjoy a fun educating and motivational time with this book to improve your life and set you on the right path to success in life

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