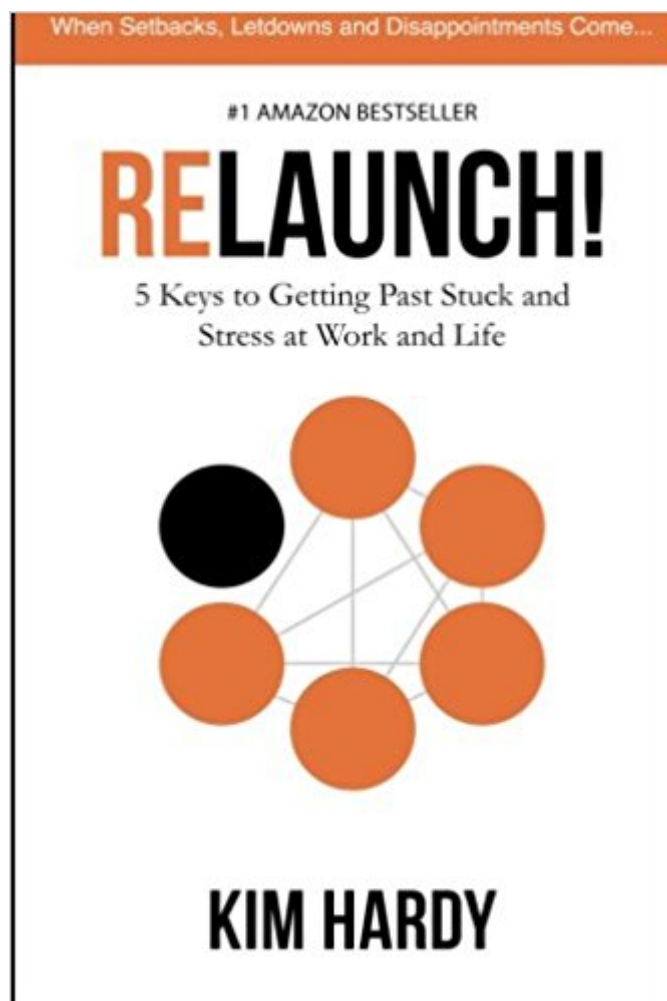


The book was found

Relaunch!: 5 Keys To Getting Past Stuck And Stress At Work And Life



Synopsis

Millions of people today find themselves in a perpetual state of stuck and stress. If you're tired of going through the motions and performing life's routines without reaching your goals or fulfilling your heart's desires, **RELAUNCH!** is your guide to getting started and experiencing that exceptional journey. Author Kim Hardy went from stuck and stress to pursuing and accomplishing her dreams by incorporating the five key strategies she shares in this book. In **RELAUNCH!**, you'll find workable strategies you can use to ignite your own personal comeback. You will: Establish powerful habits to get past stuck and stress right where you are. Create bounce-back tactics to counter your setbacks. Discover how to unleash your passion and live your dreams.

Book Information

Paperback: 146 pages

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Average Customer Review: 4.9 out of 5 stars 13 customer reviews

Best Sellers Rank: #1,162,298 in Books (See Top 100 in Books) #64 in Books > Business & Money > Business Culture > Work Life Balance #2757 in Books > Self-Help > Stress Management #6046 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

Kim Hardy knows personally what depression, stuck and stressed feels like. She now writes from a place of victory to help others overcome. She makes her home in Metro Atlanta with her husband, youngest child, and a mother who laughs at the least little thing. She has written six books and speaks professionally for a living. She loves a good sale, hot coffee, and like her mother, a good laugh always makes her day.

Relaunch!: 5 Keys to Getting Past Stuck and Stress at Work and Life identifies some reasons why a person can be "stuck and stressed" in their everyday lives. I wanted to know if this book would speak to me, personally --- and it did. I "needed" to know if there is anything that I can do for myself to become "unbound" from stuck and stress --- and there is!!! From the beginning, during the

introduction, you get a sense that the author is your friend, talking to you personally. Then when she begins telling her story of how and why she was stuck and stressed, it was easy to envision my own story...not the same story, but similar in certain ways. What is particularly good about this book is that it is so easy to read. While giving you the essential guidance to help you, she intertwines her own story and tells you where she was and how far she has come --- which is evidence that her advice (5 Keys to Getting Past Stuck and Stress....) authentic. This book is a "MUST" read...not only for those who have been "stuck and stressed", or those who are currently "stuck and stressed", but also for those who know someone in that state of mind. The resources that you will need to set you "FREE" and get you pass "stress and stuck" are found within the pages of this book. I am recommending this book to all of my friends.

Relaunch!: 5 Keys to Getting Past Stuck and Stress at Work and Life

I am so impressed by this book! I not only got one for myself, I bought several to hand out to my friends and family!! This information is so necessary in the lives of our current culture! Relevant and to the point, ReLaunch! offers not only necessary information to see your need, but 5 Keys to get Out of being Stuck! All of us have felt as Kim has felt, but in her quest to be freed, Kim offers Help to those all around her to be freed as well! She speaks out of a sincere heart, and includes you on her journey! As she has experienced the crisis's of life, she not only shares how She has benefited from the information formulated in this book, but enlightens the reader to take steps to be free as well! I applaude you, Kim for writing this much needed book. Thanks for caring enough about others in this world to share it!!! Sure to be a Best Seller!!! Get on with your life, and get ReLaunch, today!!

As a how-to guide, this book contains almost everything you need to know to relaunch from almost any situation. Brimming with straightforward strategies anyone can use to overcome the key fears associated with work and life. This book is filled with practical strategies to help you overcome fear that's been paralyzing you and has caused you to stay stuck in your situation. The information in this book works, and is a MUST READ!

RELAUNCH! with Author Kim Hardy is an awesome read for everyone. As a marketing consultant, I look for multiple ways to help improve customer performance. I will be purchasing several copies for my customers to help move their employees beyond "just showing up". The author does a stellar job with removing mask and unlocking obstacles that ultimately reduce productivity.

Kim Hardy is not only a dynamic speaker but has a gift for relating to diverse people on common life issues. The book far exceeded my expectations for a book in this genre. She made me think, she made me laugh, but mostly want to relaunch! This was money well spent. I plan to give copies to my manager and a few coworkers. Buy the book!

I simply love this book. I purchased the kindle edition & the paper back book. I have suffered from depression all of my life. Kim gives me courage to face my personal demons so I can truly start to live & relaunch my life. Thank you so much Kim. This means the world to me. Be blessed as you have truly blessed me. Love Michelle J.

I have had the privilege to hear Kim give a talk on this book before it was released. If you want to be encouraged and gain the tools to go from where you are to where you are destined to be... you need to get this book. POWERFUL!!!

I bought this book last week and found it very helpful. I have been stuck due to the burden of stress. Kim's book provides real life answers to real life problems. Thank You Kim Hardy.

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