

Download Do The Work Overcome Resistance And Get Out Of Your Own Way

It's been said that change is the one constant in life. As much as people want comfortable circumstances to stay the same, they can rarely stop the flow of events that shake up the status quo. Photo by Andrea D'Aquino Slow down and everything you are chasing will come around and catch you. ~ John De Paola. Do you have so much on your plate that you're left feeling overwhelmed and stressed out? I experienced it in so many ways in my life, that, at some point I had to come up with a series of strategies on how to overcome frustration for good. As someone who occasionally experiences social anxiety, I find your suggestions only mildly satisfying. Don't get me wrong, I've tried suggestions like yours before (you're not the first one to ...