



## Step Up and Shine: Power and Presence in Action (Paperback)

By MS Diane Young Sussman

Diane Young Sussman, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book is for you if you are a coach, holistic practitioner or entrepreneur who wants to increase your success in business by using proven energetic and practical tools to bring about more confidence, clarity of message, and self-mastery, leading to more VISIBILITY in business. It is well known that fear of public speaking is the number one reason people in business do not step up to be seen and heard, and each chapter of Step Up and SHINE offers a KEY to overcoming the mental/emotional blocks that keep you from accessing your full capacities for exposure in your business and life. By the end of reading this book you will be more motivated to share your gifts and talents with confidence and without worrying that you are failing to have the impact you want with your audience. There are tools that address the internal mindset blocks that keep you sabotaging your success, and you will gain resources and meditation exercises to practice for relieving any doubt of mastering your full creative self-expression. Tangible benefits in...



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