



Build the Strength Within: Create the Blueprint for Your Best Life Yet

Deborah Carlin

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When you get lost, you feel awful. And finding your way through life's morass can be difficult-even impossible. Do you feel weak, tired, and powerless? Dr. Deb Carlin is here to guide you. We all possess strength, inner fortitude, and confidence, but often lack the capacity to truly utilize them. Build the Strength Within can help you make the most of your abilities, find joy, and reap the rewards of your success. Renowned psychologist, business consultant, and author Dr. Deb Carlin is known for guiding clients-both organizations and individuals-to achieve the critical integration of their personal and professional lives. By blending her personal experiences with clients and scientific data and theories that underscore the importance of a clear and intentional life plan, Carlin provides the necessary tools and exercises to turn your life around. Through a series of eleven self-assessments, readers formulate their own individual plans of action and create a unique, customizable Blueprint for a Successfully Intentional & Integrated Life. This step-by-step process enables the reader to map, build, and realize an ideal existence. Learn to build the strength within, and create your blueprint for your best life yet.

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