



# **Holistic Fitness: Emotional Muscles, Action, Motivation, and Personal Success (Motivation, Motivational Books, Self-Coaching Book 1)**

*Marta Tuchowska*

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## **HOW TO DEVELOP YOUR EMOTIONAL AND MENTAL MUSCLES TO ACHIEVE PERSONAL SUCCESS**

**All you need to know to create a life you have always wanted and discover a new, stronger version of yourself**

**You are a warrior and you know how to achieve your goals. You are full of passion and your motivation is unlimited. You never give up. You never take “no” for an answer. You believe in yourself and you love yourself. Your life and actions inspire other people. This is how you get unstoppable energy to carry on. You never get discouraged. You see obstacles as hidden opportunities.**

You use negative feedback to improve yourself and you know how to embrace it. You use failures as an opportunity to develop your emotional muscles and you just keep going.

**You get holistically fit. You work on your body, mind and spirit and you improve all areas of your life. You can create something out of nothing. You live the life you love and you love the life you live. You have focus and nothing can stop you.**

Your mind is stronger than you believe. As long as it gets real in your mind, it gets real in your life!

**The secret- you are in charge. And you can turn your life around if you decide to take meaningful and purposeful action TODAY.**

The painful part? Nobody is going to do it for you.

Good news? Sacrifice, pain and even rejection will create a stronger and more powerful version of yourself. Embrace it. Go to the “emotional gym”.

**Ready to take your life to a whole new level?**

Get rid of limiting beliefs that are stopping you from achieving your goals.

**You are just about to unleash unlimited motivation that will help you keep going, even when pain and rejection show up.**

## **I invite you to join me on a motivational, self-growth journey that will empower you to live the life you have always wanted.**

You will finally learn (and feel) how to:

- Get more stuff done no matter what
- Light your internal fire and driving force to make everything “doable”
- Develop empathy
- Become more motivated
- Develop real self-confidence (not the artificial one based on how you act and how high you keep your head in front of others and how you change your voice to feel more confident, but the real, internal one that will make you believe in yourself no matter what).
- Enjoy being yourself, your real self
- Start enjoying criticism, and yes, the pain that you get when others criticize you- yes, this is what I mean, you can enjoy it and draw pleasure from it. Pain can become pleasure
- Learn the SECRETS of self-coaching and achieve your goals faster!

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