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## On Becoming Unbreakable: How Normal People Become Extraordinarily Self-Confident (Paperback)

By John Vespasian

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Becoming emotionally unbreakable is a primary skill for achieving happiness. This book presents the principles of psychological strength, together with stories of people who have used those principles: How did Joseph Abbeel survive the Napoleonic wars, and manage to start a new life? Which crucial success principle was discovered by the Ancient Roman poet Ovid? How did Buffalo Bill cope with his tremendous financial mistakes? How did William Turner protect himself against negative criticism? Their stories will show you what to do when you are confronted with severe problems, even when everything seems lost. This book aims at making you highly resistant to adversity. Its principles will enable you to move on with your life despite difficulties, obstacles, and setbacks. TABLE OF CONTENTS Chapter 1 - Refuse to listen to pessimistic messages Better opportunities can be found Practise this great philosophy every day Imagine a happy outcome Surviving and thriving against all odds There is plenty of light in the darkness A method for preventing serious mistakes The search for a balanced perspective Chapter 2 - Never stop asking for...



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### Reviews

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*Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.*

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