



The Power of Your Inner Game: How to Dramatically Change Your Life in 7 Days

Shafondra Matthews

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Thank you for visiting this page to learn more about The Power of Your Inner Game: How to Dramatically Change Your Life in 7 Days. Just as a token of appreciation, please visit <http://innergamebreakthrough.com/free-gift> to receive your special gift. -Are you stuck or struggling in one or more areas of your life? -Do you have goals that you just haven't been able to achieve? -Are you frustrated because you haven't been getting what you want out of life? -Have you ever wondered what it truly takes to live a happy and successful life? The Power of Your Inner Game is a simple, how-to guide to achieving anything you want in your life. This is not your typical self-help book. The way to achieve your goals, success and happiness is not what you think. Shafondra Matthews, once a classic Type A overachiever, reveals the one final piece—what it really takes to get from where you are to where you want to be in life. The author provides a powerful framework to change your life. She takes you on a journey of self-discovery. Shafondra also intertwines stories of her own personal struggles to overcome fear, low self-esteem, being overweight, and depression. Inside this life-changing guide you will discover:

- Why cleaning your home can change your life
- How a childhood activity can help you create the best vision for your life
- Why you shouldn't set dates for your goals
- The importance of JARS and how to release what's inside
- The real secret of success and happiness
- Why you should get rid of your "hand me downs"
- An addictive habit that you must break
- The single, most powerful technique for mastering your emotions
- The kryptonite of success
- Why your affirmations don't work
- How to detect and remove toxic waste from your life
- What your path to success and happiness really looks like

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