



Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have

Anne Jolles

Download now

[Click here](#) if your download doesn't start automatically

Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have

Anne Jolles

Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have Anne Jolles

This story is for all the courageous survivors of life... whether they have earned a pink ribbon, a gold medallion, a purple heart or whatever their personal challenge may be. Find Your Footing is for anyone who chooses to take the steps necessary to come out stronger and better.

Anne Jolles is an award-winning life coach who has been using her 5-step GRACE process for over a decade. It came to her during a tough time in her life and the life of her family.

This book was written when her son was in combat in Afghanistan in 2012 and she was struggling with all the fears of a mother back at home.

Anne is donating all the profits from this book to the Wounded Warriors Project.

Did you know that it's not always what happens to us that is most important?

It is often how we respond to what happens that counts.

This is a story about a survivor who "makes it through"... and she finds her way to answer the question: "Now, with all that I have been through, how do I move forward and make the most out of each day and my life?"

She discovers 5 questions that change the direction of her life as she picks herself up, dusts herself off and gets back on the trail... in the right direction!

You may not feel very resilient or that you are thriving. But these are things that can be learned and strengthened -- this book has steps to help you get there.


As you ask the 5 questions throughout your day and throughout your challenges, you are actually re-wiring your brain to be more resilient. The foundation is positivity and hope.

These questions become like a guidepost to direct your thoughts and emotions to what is strong and true in any situation . They can help to remove obstacles as you design your next challenge. Asking them will strengthen your challenge "immune system" so you can find the opportunity and meaning during adversity.

The bottom line is that we only have so much precious time on earth. And stuff happens. So the challenge for all of us is: where to from here?

This story is a gift for you and anyone, anywhere, anytime who feels like they want to "walk off their war"... and walk back into all the possibilities that life offers.

 [Download Find Your Footing: 5 Steps To Pick Yourself Up, Du ...pdf](#)

 [Read Online Find Your Footing: 5 Steps To Pick Yourself Up, ...pdf](#)

Download and Read Free Online Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have Anne Jolles

From reader reviews:

Gerard Williams:

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a book. Beside you can solve your trouble; you can add your knowledge by the book entitled Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have. Try to make the book Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have as your pal. It means that it can to be your friend when you sense alone and beside that course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know every little thing by the book. So , we need to make new experience and also knowledge with this book.

Robert Hollinger:

Book is written, printed, or descriptive for everything. You can recognize everything you want by a reserve. Book has a different type. To be sure that book is important thing to bring us around the world. Close to that you can your reading skill was fluently. A guide Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have will make you to possibly be smarter. You can feel much more confidence if you can know about everything. But some of you think that open or reading some sort of book make you bored. It isn't make you fun. Why they may be thought like that? Have you seeking best book or suitable book with you?

Lupe Ware:

Now a day those who Living in the era everywhere everything reachable by interact with the internet and the resources in it can be true or not call for people to be aware of each information they get. How individuals to be smart in obtaining any information nowadays? Of course the reply is reading a book. Studying a book can help folks out of this uncertainty Information mainly this Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have book since this book offers you rich facts and knowledge. Of course the details in this book hundred % guarantees there is no doubt in it you probably know this.

Alberto Redden:

Reserve is one of source of information. We can add our know-how from it. Not only for students but also native or citizen need book to know the update information of year to be able to year. As we know those guides have many advantages. Beside most of us add our knowledge, can also bring us to around the world. With the book Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have we can consider more advantage. Don't one to be creative people? To be creative person must prefer to read a book. Simply choose the best book that ideal with your aim. Don't become doubt to change your life with this book Find Your Footing: 5 Steps To Pick Yourself Up, Dust

Yourself Off and Move Toward The Life You Were Meant To Have. You can more desirable than now.

Download and Read Online Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have Anne Jolles #5APKXWNQ4TE

Read Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have by Anne Jolles for online ebook

Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have by Anne Jolles Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have by Anne Jolles books to read online.

Online Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have by Anne Jolles ebook PDF download

Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have by Anne Jolles Doc

Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have by Anne Jolles Mobipocket

Find Your Footing: 5 Steps To Pick Yourself Up, Dust Yourself Off and Move Toward The Life You Were Meant To Have by Anne Jolles EPub