

# The Self Improvement Handbook

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The Self-improvement Handbook The Art and Science of Success Distilled into One Simple But Powerful Life-Changing Guide! Self-improvement & Success Hand in Hand Everything that happens to us happens in purpose. And sometimes, one thing leads to another. Instead of locking yourself up in your cage of fears and crying over past heartaches, embarrassment and failures, treat them as your teachers and they will become your tools in both self-improvement and success. Remember watching Patch Adams? Its one great film that will help you improve yourself. Hunter patch Adams is a medical student who failed to make it through the board exams. After months of suffering in melancholy, depression and suicidal attempts he decided to seek for medical attention and voluntarily admitted himself in a psychiatric ward. His months of stay in the hospital led him to meeting different kinds of people. Sick people in that matter. He met a catatonic, a mentally retarded, a schizophrenic and so on. Patch found ways of treating his own ailment and finally realized he has to get back on track. He woke up one morning realizing that after all the failure and pains he has gone through, he still want to become a doctor. He carries with himself a positive attitude that brought him self-improvement and success. He didnt only improved himself, but also the life of the people around him and the quality of life. Did he succeed? Needless to say, he became the best damn doctor his country has ever known. So, when does self-improvement become synonymous with success? Where do we start? Take these tips: Stop thinking and feeling as if youre a failure, because youre not. How can others accept you if YOU cant accept YOU? **DOWNLOAD NOW FOR MORE INFO!**

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