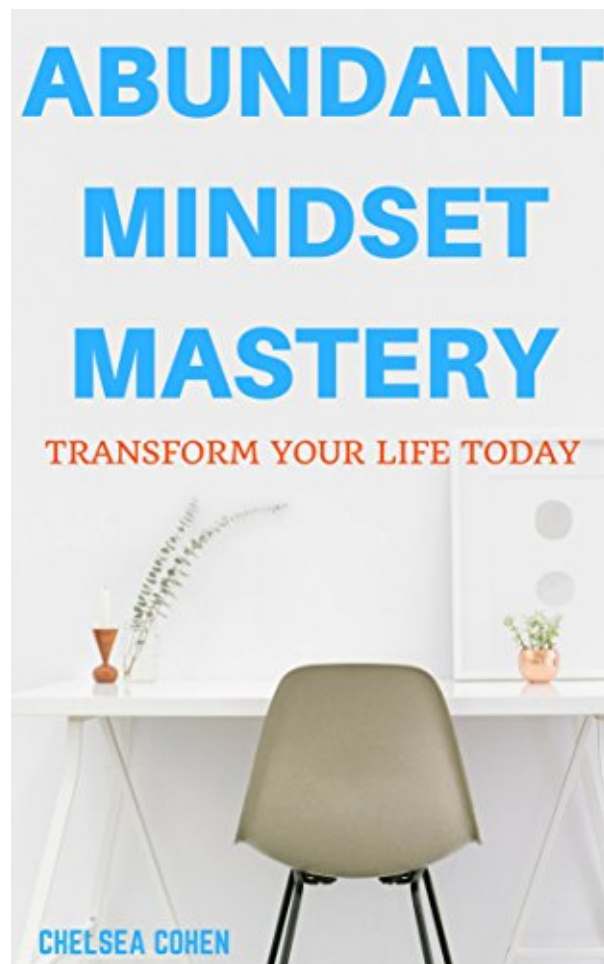


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Get Inspired - Transform Your Life Today!

Sometimes another person's perspective changes a person's perception in life. We're all here to share. Whether you're stressed out, worried about this or that, surrounded by toxic people or just need a way to catch a break, Abundant Mindset Mastery can help you get your life back on track.

Abundant Mindset Mastery provides short, simple, actionable steps you can use right now today. You'll learn:

- How to set smart goals and immediately put them into play!
- What Paradigm Power Words are and how to use them today.
- How changing your frame of mind today can get you on track.
- How to put your best intentions into place today
- How to embrace your best self and life today
- More, much more!

Abundant Mindset Mastery will also help you:

- Improve your Focus
- Kick toxic people to the curb
- Stop comparing yourself to others
- Recognize your achievements
- Take care of your health
- Alleviate stress to change your life

For additional assistance, Abundant Mindset Mastery suggests apps that can help you manage your goals and assist you with stress relief. Add to your action plan today. Anything that you can add to your toolbox is worthwhile when it comes to finding ways to get on track and stay on track.

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3 of 3 people found the following review helpful.

Learning to Focus

By Elle J.

Recently, my husband suggested that I find a book that will help me become more focused. I have so many good ideas that I often lose focus when putting them in action. My peers are living their dreams and achieving great things. I am happy for others and their accomplishments but at times I feel inadequate. I know it is possible for me to pursue my dreams but sometimes life has a way of undermining them. I read Redirect 101: Back On Track Today to rekindle my hope in myself, my dreams and to ultimately learn how to focus.

This book is an eye opener in several aspects. For one, the title immediately grabbed my attention. I know my potential but I just need to redirect my thinking to get back on track. I realize that I need to recover faster after a stumble or even a fall. The author offers many actionable and yet practical tips on how to stay the course keeping the goal in front at all times. What resonated with me the most is when she wrote about setting SMART goals. This is what I really needed to ensure I am doing what I need to do to stay focused. Although I am more of a pen to paper type person, I did download a couple of apps she suggested in the book.

Granted, we all get off course at some point in our lives. Reading this book is to your soul and spirit what going to the gym is like for your muscle... a must. Redirect 101 is an outstanding book that I would recommend for anyone to read.

4 of 4 people found the following review helpful.

well written

By Rita Lavoie

This book provides some simple advice on setting goals. It offers quite a few iPhone and Android apps to use along your journey as you hit goals, relax, release stress and embrace the small stuff while keeping a positive attitude. It's an easy and light read.

2 of 2 people found the following review helpful.

Simple Easy Steps to Getting Back on Track in Life

By M. Hartwell

If like me you've been feeling off-kilter recently and know you need to get back on track then this book is probably right for you. Personally, I know where I want to be in life – what I want to achieve – but have been struggling to focus on this and was looking for help in finding the best path.

I liked this book for a number of reasons. As it explains in the title, Redirect 101 is aimed at getting you back on track with simple, actionable steps. It offers practical advice from staying healthy to embracing the moment.

The book is an interesting combination of succinct guidance, inspiring quotes, and simple action points and exercises; but the most important aspect that sets it apart from other self-help books I've read is that it includes suggestions of technology you can utilize. We all rely heavily on our phones and tablets so this book has brought success coaching right up-to-date with apps and online tools that can help you in achieving your goals.

I think my favorite chapter is the one entitled 'Comparison: the Thief of Joy'. It's easy to forget your own uniqueness and compare yourself to those around you; this is a reminder to focus on the things we do that are great and differentiate us from others. That's something I've forgotten in recent years.



This is not a long book and you could probably complete it in one sitting, but I recommend you take the time to do all the exercises at the end of the chapters as well as check out the apps and tools you think would be most useful to you. Everything in the book is simple to do and will really help put your goals in perspective and re-focus your mind.

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