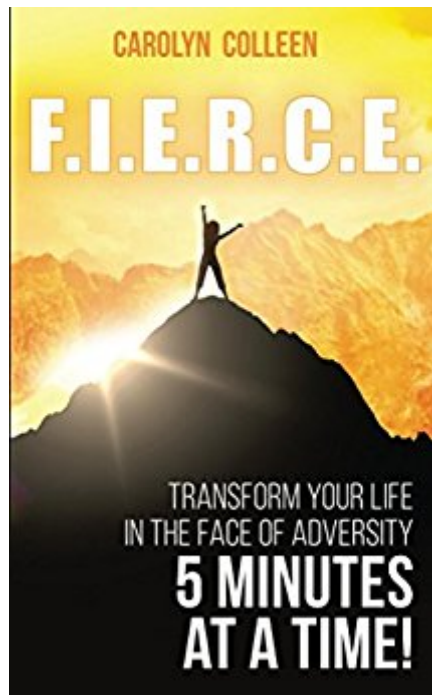


The book was found

F.I.E.R.C.E.: Transform Your Life In The Face Of Adversity, 5 Minutes At A Time!



Synopsis

Adversity and hardship are things which often shape our lives and how we live. They come in many forms, from harmful physical and emotional abuse, post-traumatic stress to seemingly unbearable childhood trauma. Whatever we may think, harmful environments mold the way we view the world and others around us and they often hold us back. But the greatest limitations are placed upon us by our own minds. Self-doubt, negativity, a lack of confidence and self-limiting beliefs are all things which keep us locked into the harm which we know does us no good, but which is almost impossible to break free from. Now, in this new book, created out of necessity, written by someone who has experienced the same things you may be going through and lived to tell the tale, you can find the solution to remove the restraints which are holding you back and live your life to the fullest of its potential, as you were meant to do! Using the secrets of the F.I.E.R.C.E 5, you can learn everything you need, in just 5 minutes, to transform you from that person who lacks confidence into the person who knows what they want and how to get it. With this realization, that there is more to life than what is given, you will find the key to your own shackles and your own FIERCE. You hold the key to your inner ferocity. Understand that, use it and set yourself free.

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Customer Reviews

This is a must-read for anyone facing adversity or challenges in their life, small or large. The author opens her heart and tells the reader her gut-wrenching story of abuse in such an honest way, that you immediately feel you know her. Her desperation, struggles, and triumphs become yours. I have read many books that talk about and attempt to teach the reader ways to overcome adversity and challenges and come out stronger. Self-improvement, and changing the path of your own life can seem a complicated task. The author of this book breaks it down and simplifies it, making it workable, 5 minutes at a time; proving small steps do lead to big transformations. The author provides a unique tool to use methods that we know and may already have tried, such as positive self-talk, to help the reader overcome challenges in a new way. Whether you are new to self-exploration and improvement, or well-read on the subject, this is a book you need to read. And while the author uses her own story of overcoming an abusive relationship, her process is applicable to all struggles. Depression, weight loss, stuck in a dead-end job, divorce, even chronic pain, no matter the challenge, this author shows that getting through it and coming out the other end is possible 5 minutes at a time.

In the book, F.I.E.R.C.E., is more than just a title. It is a multi-layered tool the author walks the reader through using by demonstrating how it was used in her life. As I read more about the author's journey, I really appreciated her insight and direction in a more meaningful way since I knew she walked the same road. "We can only ask ourselves to be better than we were the day before. The next five minutes are a new five minutes that belong to no one else but you. How will you use your next five minutes?"

Great resource for abused women to get out of their situation. Carolyn's F.I.E.R.C.E process will help many women get out of the abusive situations they are trapped in. Carolyn is a great inspiration to those many hurting women out there that don't think they can do it! She shows them step by step how to and I am privileged to have been able to read this book.

As humans we ALL experience diversity. Some challenges are greater than others, and how we perceive these challenges makes all the difference in how our lives are affected by them. But sometimes we may feel defeated, helpless, or stuck in a rut, and we don't know how to get past our adversity. Carolyn Colleen's revelatory guide is not only insightful, but it's also very doable. We often have fantasies of making massive life changes all at once, effectively sealing a fate of failure,

but the author offers us freedom from whatever is holding us back from the kind of life we want -- and the people we want to be -- by focusing on this change just 5 minutes a day. Whatever you need help getting past -- whatever success that has been just outside your reach -- Carolyn Colleen can help show you the path to a better life in this heartfelt AND truly helpful guide that doesn't ask for more than a few minutes a day. A worthwhile read to help you fulfill your true potential whatever your circumstances may be.

So very proud of you Carolyn for speaking up and helping countless women escape horrific abuse situations. Many triggers in the book for me. Heart breaking, insightful, empowering and encouraging! Must read for anyone who is unhappy in their relationship and would like to do better.

Oh such willpower! Carolyn Colleen weaves her life story into a testament of strength and courage. She offers a simple system--F.I.E.R.C.E steps that will help transform your life in five minutes. She gives us just enough details to understand the severity of her situation and focuses on how she overcame such adversity. This is a great read for women who are consistently told either in subtle ways or in bold-faced lies that they are worthless, or that they will never amount to anything. This inspiring book can be used as a tool for self-transformation. Her system is easy and can be put into action immediately.

The skills are weaved into the story giving illustration as to how and why they work. The author wrote these based on living through them, not research - a breath of fresh air for the reader whether you are a loved one trying to understand or a survivor looking for hope to do more than just survive.

This book has left me really looking at my own life...areas where I need improvement, areas that I cannot change, areas that need acceptance. This book is going to provide me great tools for addressing all of that and more. I'm very proud of Carolyn. Thank you for taking this big step with all of us. It is a must read.

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