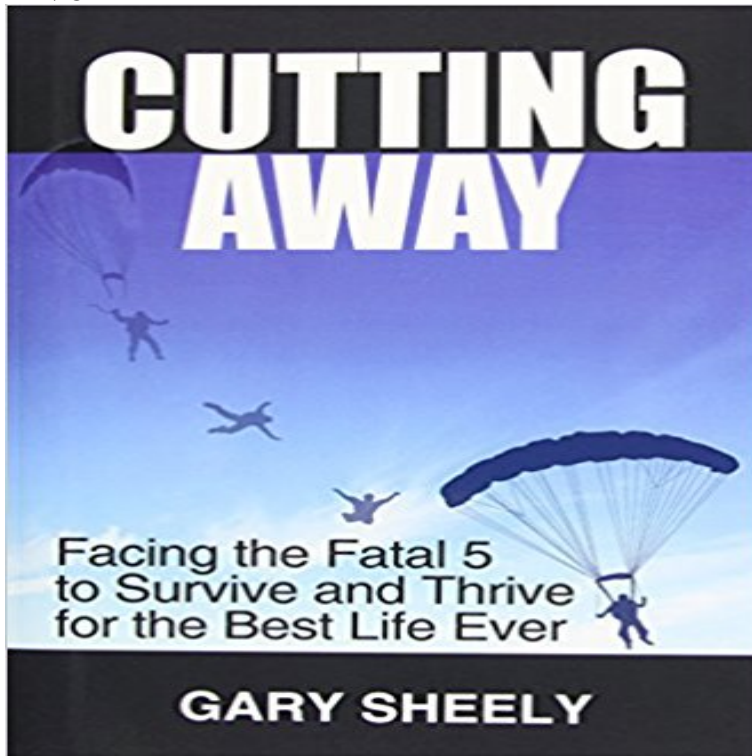


# Cutting Away: Facing the Fatal 5 to Survive and Thrive for the Best Life Ever



Recognize your need to cut away from the fear, denial, and comfort zones that trap you. Your success and survival may depend on it! So why do we resist taking the action we need to survive and thrive? Often, the things we rely upon for safety, satisfaction, and peace of mind can be the very things that deprive us of all three - yet we cling to them for one or more reasons. In *Cutting Away*, you will discover:

- ? The psychological forces that cause us to resist when radical action is clearly called for?
- ? Specific situations that create danger for us?
- ? The warning signs when your comfort zones, denial, and fear are threatening your well-being?
- ? Ways to assess your own risk?
- ? Insight into your own resistance to cut away from the things that are putting you at risk?
- ? New courage to take the action you need to survive and thrive!

You can cut away from the things you rely upon for false safety, pseudo-satisfaction, and artificial peace of mind in order to find real peace of mind, satisfaction, and safety. The primary focus of this book is threefold:

- ? To help readers recognize when they are clinging to circumstances and attitudes that can diminish and destroy them.
- ? To enable readers to identify the Fatal 5 internal forces that create resistance to the change they need.
- ? To provide practical steps for gaining the courage that is always necessary for change.

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