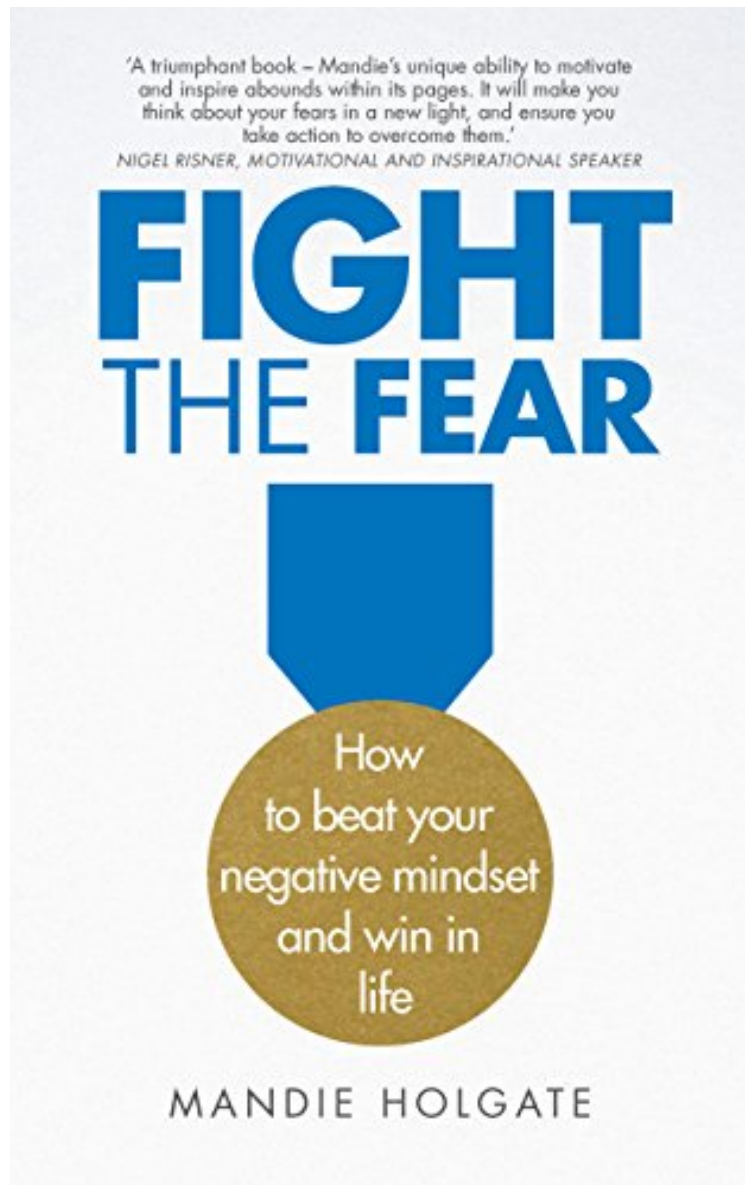


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Fight the Fear: How to beat your negative mindset and win in life

Mandie Holgate

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Mandie Holgate : Fight the Fear: How to beat your negative mindset and win in life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fight the Fear: How to beat your negative mindset and win in life:

1 of 1 people found the following review helpful. Brilliant Must Read Book That Will Help You Overcome Your Fears By Gordon Tredgold Fear of failure, fear of success, fear of asking for help are just some of the things that hold us back from achieving our full potential. In this book Mandie does a great job of highlighting these fears, giving us

insight into where they come from and practical exercise that we can use to look to get beyond these fears. I read the book and it made me take immediate action in one area that I know I am weak, the fear of asking for help, following Mandie's advice I was able to reach out and get the support I needed, and just as she said there were several people willing to help. I love the book, and I highly recommend it. 0 of 0 people found the following review helpful. 'Fight the Fear' will change your life. By Christopher Fry. As personal development books go, there are few that really stand out among the pack and, in a very tangible way, change your life. 'Fight the Fear', by Mandie Holgate, is one such book. The subtitle of this book is 'How to beat your negative mindset and win in life'. I cannot agree more with that statement. Mandie addresses 12 fears in this book, starting with the most important one; 'What if someone finds out who I really am?'. It's most important one because it sets the base from which to address all the other fears by asking the question, 'Who am I?'. In this chapter, you will come to know the areas in your life that are most important to you, and hence will know where and how to direct your energy and goals. So, how will you come to know those areas? Well, here's what sets this book apart from other personal development books. Each chapter is broken down into 4 parts, namely 1. What the Fear is 2. Examples of the fear and what Exercises can be done 3. What Actions you can take 4. What Results you can expect from positive actions. In this way, Mandie allows for either thorough reading through all four sections of each chapter, or just skimming through what the fear is, and concentrating on the exercises, while jumping to the expected results. While that can be a method of reading this book, what worked for me was to read through each chapter twice, and taking notes during the second time. If you do the exercises in this book, I can just about guarantee that you will be a better person for it! One of the best exercises, which is often repeated in the book, is the 'What if?' exercise. If you want to know more, read the book. But you'll soon understand how beneficial this exercise is. The other notable fears she addresses are 'I'm scared of setting goals', 'I don't believe I can succeed', 'I don't ask for help' and 'I hate phoning people'. These were core fears for me and I gained an invaluable perspective in how to positively address these aspects of my life, and I find myself already conquering these long-held negative beliefs. Throughout the book, Mandie uses small business owners as her base clientele, and transfers most of her expected 'Results' sections in winning in the workplace. However, I found that her exercises helped me more in other aspects of my life, and it was a holistic healing and motivational process, rather than just winning at work. It doesn't matter at what stage you are in your life. Reading this book, and doing the exercises in it, will catapult you to the success that you (and, indeed, all of us) want. This book will permanently change your mindset which will allow you to deal with your fears once and for all. I HIGHLY recommend you get your copy as soon as possible.

DO YOU KNOW WHAT'S STANDING BETWEEN YOU AND SUCCESS IN LIFE? IT'S YOU! CHANGE YOUR MINDSET TO DEAL WITH YOUR FEARS AND YOU INCREASE YOUR CHANCES OF SUCCESS.

Fear of failure, fear of public speaking, fear of being you, fear of asking for what you want, fear of saying NO and fear of change, the list is endless and yet we all have fears in both our personal and professional lives.

Fight the Fear will help you get the results you want by helping you to overcome your fears one step at a time. In short, easy-to-read, jargon-free chapters, you'll discover proven strategies, skills and tools to help you deal with typical situations we all dread such as saying no, appearing confident without being arrogant, asking for what you want, public speaking and picking up the phone. Don't miss out on life's big opportunities, now you can manage your fear so it doesn't restrict you - there's nothing you can't handle.

CHANGE THE WAY YOU BEHAVE EVERYDAY, YOUR THOUGHTS, YOUR BELIEFS, YOUR VALUES AND GAIN THE RESPECT YOU DESERVE.

"Mandie's enthusiasm will be felt as you progress through this book, taking inspiration from her journey and assisting you to build your own confidence along the way. It provides a sound and practical framework to enable you to tackle any fears you may have, providing advice on how to overcome them, giving your chances of future success a massive boost."

Mike Smith, Senior Inward Investment, Economy Growth Officer, Chelmsford City Council

"A triumphant book - Mandie's unique ability to motivate and inspire abounds within its pages. It will make you think about your fears in a new light, and ensure you take action to overcome them"

Nigel Risner, Motivational Inspirational Speaker

"Exactly what I expected from Mandie, an absolutely fantastic book full of practical tips, advice and strategies to help you kick the fears holding you back and get you well on your way to success!"

Sarah Hurley, Director - Sarah Hurley Ltd

"This book is a no frills, no jargon, easy to read guide to losing the fears that hold you back in business. A great read with practical simple steps to help you conquer the fears that hold you back."

Melissa Neisler Dickinson, Managing Director, The Suffolk Wedding Show

"If you are someone who wants to take control of your life and do it right now and this is the book for you. Mandy is an incredible person who has helped so many people break free from all this health and back and then helped and supported them in developing the confidence to achieve their goals. The reason this book is so good is that it tackles the number one issue that holds most people back and that's fear. Once people learn how to see through the illusion that fear can often be they can achieve their goals dreams and ambitions much easier. This is a book that is packed with tips tools, strategies and techniques to conquer fear and live your life to the full. I would highly recommend this book to anyone that wants to supercharge their life."

Pete Cohen, Life coach, motivational speaker and best selling author

"Mandie helped me realise my dreams and I am eternally

grateful for her triggering that special spark; not only to ignite my passion but turn it into a successful and profitable business." Angela Chouaib, MD Founder, www.SecretSurgery.co.uk "Mandie's book makes such impressive sense and even better, it is easy to read. It provides clarity in a world that is so fast paced now. Whilst Mandie remains 'bossy' by including exercises and homework, she allows us to gain far more through actions and working out what matters to us. Sometimes it takes a while to recognise that someone has a special ability to get us to believe in ourselves, to tie that belief to our highest ideals, and to imagine that together we can do great things. In those rare moments, when such a person comes along, we need to put aside our plans and reach for what we know is possible." Jo-anne Stewart, New Openings Project Manager - Premier...

"Mandie's enthusiasm will be felt as you progress through this book, taking inspiration from her journey and assisting you to build your own confidence along the way. It provides a sound and practical framework to enable you to tackle any fears you may have, providing advice on how to overcome them, giving your chances of future success a massive boost." Mike Smith, Senior Inward Investment, Economy Growth Officer, Chelmsford City Council "A triumphant book - Mandie's unique ability to motivate and inspire abounds within its pages. It will make you think about your fears in a new light, and ensure you take action to overcome them" Nigel Risner, Motivational Inspirational Speaker "Exactly what I expected from Mandie, an absolutely fantastic book full of practical tips, advice and strategies to help you kick the fears holding you back and get you well on your way to success!" Sarah Hurley, Director - Sarah Hurley Ltd "This book is a no frills, no jargon, easy to read guide to losing the fears that hold you back in business. A great read with practical simple steps to help you conquer the fears that hold you back." Melissa Neisler Dickinson, Managing Director, The Suffolk Wedding Show "If you are someone who wants to take control of your life and do it right now and this is the book for you. Mandie is an incredible person who has helped so many people break free from all this health and back and then helped and supported them in developing the confidence to achieve their goals. The reason this book is so good is that it tackles the number one issue that holds most people back and that's fear. Once people learn how to see through the illusion that fear can often be they can achieve their goals dreams and ambitions much easier. This is a book that is packed with tips tools, strategies and techniques to conquer fear and live your life to the full. I would highly recommend this book to anyone that wants to supercharge their life." Pete Cohen, Life coach, motivational speaker and best selling author "Mandie helped me realise my dreams and I am eternally grateful for her triggering that special spark; not only to ignite my passion but turn it into a successful and profitable business." Angela Chouaib, MD Founder, www.SecretSurgery.co.uk "Mandie's book makes such impressive sense and even better, it is easy to read. It provides clarity in a world that is so fast paced now. Whilst Mandie remains 'bossy' by including exercises and homework, she allows us to gain far more through actions and working out what matters to us. Sometimes it takes a while to recognise that someone has a special ability to get us to believe in ourselves, to tie that belief to our highest ideals, and to imagine that together we can do great things. In those rare moments, when such a person comes along, we need to put aside our plans and reach for what we know is possible." Jo-anne Stewart, New Openings Project Manager - Premier Inn and hub by Premier Inn "From the Back Cover DO YOU KNOW WHAT'S STANDING BETWEEN YOU AND SUCCESS IN LIFE? IT'S YOU! CHANGE YOUR MINDSET TO DEAL WITH YOUR FEARS AND YOU INCREASE YOUR CHANCES OF SUCCESS. Fear of failure, fear of public speaking, fear of being you, fear of asking for what you want, fear of saying NO and fear of change, the list is endless and yet we all have fears in both our personal and professional lives. Fight the Fear will help you get the results you want by helping you to overcome your fears one step at a time. In short, easy-to-read, jargon-free chapters, you'll discover proven strategies, skills and tools to help you deal with typical situations we all dread such as saying no, appearing confident without being arrogant, asking for what you want, public speaking and picking up the phone. Don't miss out on life's big opportunities, now you can manage your fear so it doesn't restrict you - there's nothing you can't handle. CHANGE THE WAY YOU BEHAVE EVERYDAY, YOUR THOUGHTS, YOUR BELIEFS, YOUR VALUES AND GAIN THE RESPECT YOU DESERVE. About the Author Mandie Holgate is a Business Coach, keynote speaker, author, broadcaster and trainer and Founder of The Business Woman's Network. She teaches professionals, entrepreneurs and business owners the skills to create strategies that work. She has worked with clients from companies including Lloyd, Institute of Directors, Anglia Ruskin University, and many others she can't name. She is also a Business Mentor and Coach and in the Growth Accelerator programme. Mandie is described by international speaker and Trainer Steve Clarke (Eureka Sales Ltd) as "Tigger on Redbull powered by Duracell". And a corporate business woman described her as "The best speaker for business and success that she had ever heard. Male or female." Woman's Own Magazine named her one of their 2015 inspirational women of the year.