



Your Life on Purpose: How to Find What Matters and Create the Life You Want

Matthew McKay PhD, John P. Forsyth PhD, Georg H. Eifert PhD

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So many of us postpone pursuing our goals and dreams because we think we'll get to them later, when we have more time or feel we're worthy of them. As a result, many of us go through life feeling weighed down by daily responsibilities and our own self-doubts, entirely disconnected from a sense of real purpose.

Based in acceptance and commitment therapy (ACT) and powerful mindfulness practices, *Your Life on Purpose* is about doing what matters to you every day instead of waiting for the perfect time to feel fulfilled and alive. With this book as your guide, you'll learn to move past daily distractions, fear of failure, and self-judgment, and zero in on the passions that connect you with your true self. You deserve to live a life of purpose, aligned with your deepest values. It's time.

With this book, you'll discover how to:

- Find and do what you are passionate about
- Keep mental obstacles, fears, and daily demands from blocking your path to fulfillment
- Find your way when values conflict
- Focus on what truly matters to make your dreams a reality
- Make a lasting impact on the world

So what are you waiting for? Start changing your life today.

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Anita Pfeifer:

Reading can called imagination hangout, why? Because if you are reading a book specially book entitled Your Life on Purpose: How to Find What Matters and Create the Life You Want your brain will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely will become your mind friends. Imaging each word written in a publication then become one type conclusion and explanation that maybe you never get ahead of. The Your Life on Purpose: How to Find What Matters and Create the Life You Want giving you a different experience more than blown away your mind but also giving you useful facts for your better life in this particular era. So now let us show you the relaxing pattern this is your body and mind are going to be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

Kenneth Hoy:

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