



## How the F Did My Life Get Me Here?: Exposing the Hidden Obstacles That Block Your Path of Health, Happiness and Success (Paperback)

By Shannon Russell

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you ever paused and wondered how to get beyond where you are at? So, where are you? Is your life not quite where you thought it would be by now? Are you thriving but want to go further and do more? This book is full of thought-provoking and insightful gems for you to become the healthiest, happiest, and most successful you have ever been in your life. Are you aware that the majority of people are using an outdated and ineffective framework to achieve results in life? This framework has created an unbalanced equation that has been setting us up for struggle, strife and mediocrity for generations. The existing framework does not have what we need to reach the next levels of health, happiness and success! On top of that, since evolving into intelligent human beings, there have been invisible factors working behind the scenes and wreaking havoc in our lives. No one is immune or exempt from these invisible factors and we are all experiencing them to varying degrees. Basically, we have been a hot mess for a long...



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