



Worthy: Boost Your Self-Worth to Grow Your Net Worth (Paperback)

By Nancy Levin

Hay House UK Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Money. We love it. We hate it. If we don t have enough, we re struggling to get more. If we do have it, we re fighting to hold on to it. Why does money have to be such a source of anxiety? Is it possible to find peace? Yes! According to master integrative coach Nancy Levin, the real key to creating financial freedom isn t changing what we do, it s changing our limiting beliefs - and that requires more than learning how to invest. In Worthy, Nancy makes an essential, eye-opening connection: the state of our net worth is a direct reflection of our self-worth. Then she shows us how to get to the root of the problem and do the internal work that s needed to replace feelings of unworthiness with a solid sense of our own value. Filled with inspiring real-life stories and thought-provoking questions and answers, her 10-step plan helps us to: Get real about the money issues we face every day Examine the excuses we use to avoid creating the life we really want Be willing to see...

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