



Fear the Other F-Word: 39 Steps to a Better You! (Paperback)

By Jeffrey D Donelson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.THIS IS A BOOK LIKE PURPOSE DRIVEN LIFE OR MANY OTHER SELF-HELP BOOKS THAT ARE MEANT TO BE READ WITHOUT A SET FORMAT I AM NOT TRYING TO CONVERT ANYONE JUST GIVING ADVICE I GIVE DAILY TO MY CHURCH MEMBERS AND FRIENDS MY GOAL IS TO SPUR THOUGHT AND ACTION IN THE READER TO LIVE A FULL LIFE DAILY! THE MAIN GOAL IS TO ALLOW THE READER TO MAKE BETTER LIFE CHOICES AND THINK BEFORE THEY ACT. Mental: Everything begins with a made up mind! There are times when despite all your best efforts you just can t hold a good chain of thought. I like to think of theses times as Firefly Moments! When I was a child playing outdoors during the beautiful Midwest summer nights I would find myself chasing fireflies. We may have been playing hide and seek, (one person hides their face counting while the children run and hide then tries to find them in their hiding places.) freeze tag, (freeze tag was a game played in a yard with limits on how far you...



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