

RISE
above
THE STORM
& YOU
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THE SUNSHINE

Rise Above

LL Leslie



Rise Above:

Rise Above Dr Scott Barry Kaufman, 2025-04-24 Does life feel smaller than it used to Does it seem that the people around you have taken a step back from doing hard things preferring to stay in their comfort zone In the era of TikTok as therapy it s tempting to see ourselves as damaged and powerless defined by our past traumas our emotions and the struggles we face But it s more important than ever to rise above the limiting beliefs and widespread anxiety that puts us in boxes lowers our expectations and holds us back In **Rise Above** renowned psychologist Dr Scott Barry Kaufman unpacks the dangerous myths and misleading buzzwords swirling around the popular imagination He reveals the truth about managing our emotions the double edged sword of self esteem the surprising gifts of sensitivity and ultimately the power each of us has to overcome challenges and to shape the course of our own lives Packed with empathy insight humour and actionable solutions this book will empower you to take control of your own your life and reach your full potential

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