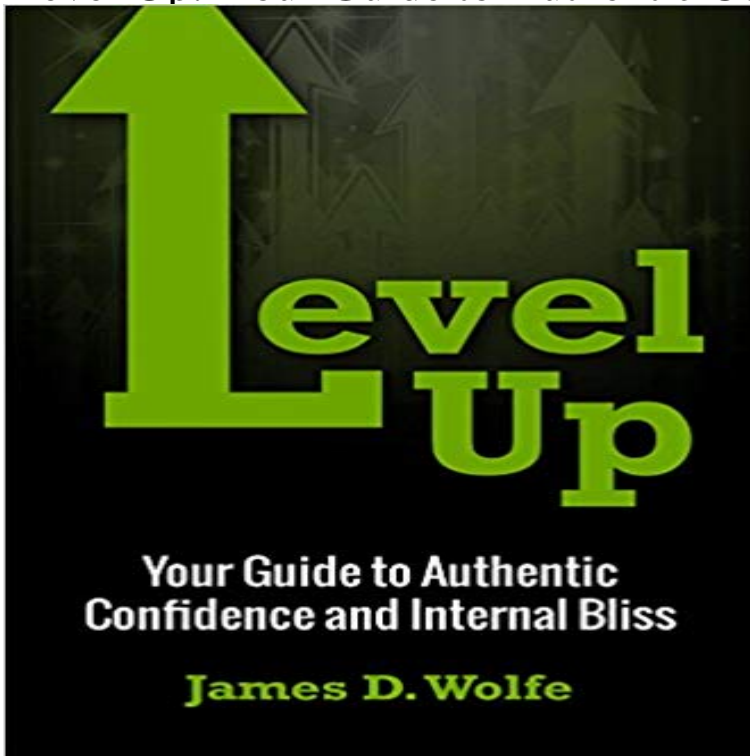


Level Up: Your Guide to Authentic Confidence and Internal Bliss



Have you ever achieved something but still felt like something was missing? Have you ever thought that there must be more to life, like maybe there's something happy, fulfilled, successful people know that you don't? Are you sometimes happy but sometimes suffering in silence? Well, suffer no more. Level Up will show you how to live a life that is both fulfilling and successful in a real, meaningful way. The best part is that you get to be yourself; perhaps even MORE than you are right now. What Readers are Saying: Level Up empowers readers to transform the way they view themselves starting now. Self-loathing, neediness, and anxiety are replaced with intense love for the self and others, acceptance and contentment. It is filled with radiating truth and practical advice that is invaluable in the world today. Level Up gets at the heart of what human beings long for. - Brandi Y. Level Up is concise, has a ton of value packed into it, and it's fun to read. The book lays out the road to feeling amazing. All I have to do is follow directions. - Will J. Level Up is so simple, yet profound. It will make a huge impact on anyone who takes the time to do the work and read the book. - Becca D. Level Up is a wonderful personal development book for anyone looking to feel happier with themselves and live a life of purpose. It covers a vast range of subjects without leaving you feeling overwhelmed because they come from one central message of loving yourself more and for no specific reason other than that you are perfect just as you are. Level Up covered a lot of relevant topics for me, but sometimes from a different angle to how I've viewed them before. It gave another view and reminded me of things that are all too easily forgotten, like how frickin' amazing I am. It made me look at my journey to love myself more and see that I am still a work in progress but now with a heap more practical tools and ideas

for making changes to that. - Caroline L. Level Up is the most useful book I've ever read. It left me with a sense of empowerment over my life. I will continue to read it for encouragement and I'm excited to put the ideas into practice in my daily life - Brenda D. Numb to the humdrum and predictable vacillations of everyday existence, many of us sometimes wonder if there's more to existence than just this. Legitimate questions about what we are and whether there's something better lead to cultural clichés like quarter century and midlife crises. Proactively work through and navigate these crises - or just revisit how to find and realize your most authentic self by using this book. Level Up gives you a distillation of the most important concepts that can help you chart that path. - Ali I. I would recommend Level Up to anyone who is unsatisfied, afraid, desperate to change, or just generally uneasy about their own life. It is the best self-help book I've read and the only self-help book I've actually finished and will read again and again. It's the only book I didn't turn away from after trying to tackle exercises that didn't make sense or have real life meaning. - Kelly C.

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