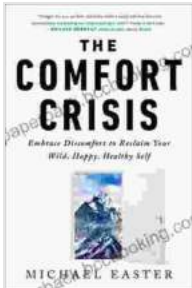


Embrace Discomfort to Reclaim Your Wild Happy Healthy Self



The Comfort Crisis: Embrace Discomfort To Reclaim Your Wild, Happy, Healthy Self by Michael Easter

★★★★☆ 4.8 out of 5

Language : English
File size : 3239 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 284 pages

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*"Change the way we think about the modern world (and how we live)
and we're all moving out understanding of what it means to be human."
—RICHARD DORMENT, editor-in-chief, *Wired* Magazine*

THE COMFORT CRISIS

*Embrace Discomfort to Reclaim Your
Wild, Happy, Healthy Self*



MICHAEL EASTER

In a world that constantly demands conformity and comfort, it's easy to lose sight of our true nature. We become trapped in a cycle of fear and avoidance, afraid to step outside of our comfort zones and embrace the unknown.

But what if I told you that discomfort is not something to be feared? What if I told you that it is actually the key to unlocking your full potential?

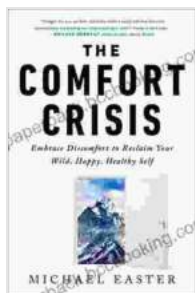
In her groundbreaking book, *Embrace Discomfort to Reclaim Your Wild Happy Healthy Self*, Dr. Nicole LePera shows us how to harness the power of discomfort to transform our lives. She teaches us that by embracing discomfort, we can:

- Increase our self-awareness and self-acceptance
- Develop resilience and emotional strength
- Unlock our creativity and potential
- Live more authentic and fulfilling lives

Dr. LePera's approach is based on the latest research in psychology and neuroscience. She provides us with practical tools and exercises that we can use to start embracing discomfort today.

If you're ready to break free from the chains of comfort and reclaim your wild happy healthy self, then this book is for you. *Embrace Discomfort to Reclaim Your Wild Happy Healthy Self* is a must-read for anyone who wants to live a more authentic and fulfilling life.

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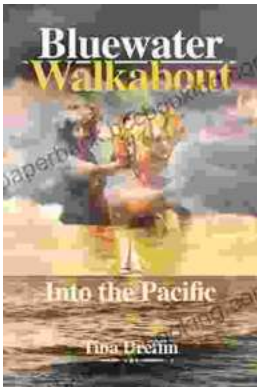
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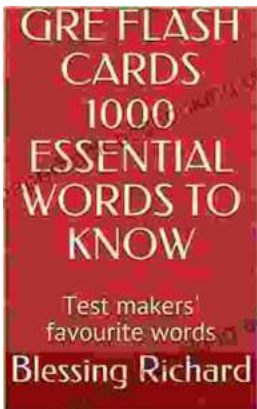
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