



# Live Beyond Your Dreams: From Fear and Doubt to Personal Power, Purpose and Success (Volume 1)

*Riana Milne, Alexi Panos*

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Let's face it: success and happiness are limited by what we tell ourselves and how we allow others to define us.

In *Live Beyond Your Dreams: From Fear and Doubt to Personal Power, Purpose, and Success*, coauthors Riana Milne and her daughter Alexi Panos introduce the Watch Me!<sup>TM</sup> mind-set, a transformational approach to self-understanding, motivation, and fulfillment. In moving through emotional healing and increased self-esteem to personal growth and empowerment, you'll prove to yourself that you're more than good enough to successfully realize your dreams and beyond for a balanced life of power, purpose, and success.

You'll discover:

- A breakthrough approach to easing stress, anxiety, and depression
- Positive self-talk for better performance, moods, and a healthier mind-set
- A sensible, step-by-step process for setting and accomplishing goals
- Empowering techniques for achieving balance in all your life and work spheres
- The essential role of spirituality in attaining personal peace and higher purpose

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