

Beth Kempton

FREEDOM



SEEKER

LIVE MORE. WORRY LESS.
DO WHAT YOU LOVE.

Beth Kempton

Freedom Seeker: Live More. Worry Less. Do What You Love.



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Do you feel stressed, exhausted and weighed down by responsibility? Are you itching to accomplish something different, but don't? She set out on a journey to find personal freedom, and on the way encountered many others who have been also feeling trapped - Is fear holding you back from living the life you want? Beth Kempton went from being truly a life-loving, risk-taking adventurer to a grown-up, settled-down mother, wife and business proprietor, before realizing the life she had built was suffocating her. I know very well what or how? by their situations, relationships, budget, beliefs, doubts and fears. Freedom Seeker brings together the insights, techniques and wisdom that Beth learned on her journey to freedom, including her unique system of 8 Freedom Keys which will help you to:

- Discover the courage and confidence to shape your future
- Figure out how to live the life you wish, whatever your circumstances
- Feel very much freer, and happier, each and every day

Full of profound lessons, powerful exercises and inspiring tales, this honest and courageous reserve will help you to live more, worry less and find a method to do what you love, every day. Get clarity on what really matters for you

- Reignite aged passions, and find out new ones
- Make a shift from worry and fear to sense alive and inspired



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And it's not just about finding the freedom to be creative, it's about locating the independence to end up being who you are wherever you are.. I cannot put it down.. A Worthwhile Publication to Read! Do What You Like. In reviewing Beth's reserve, who I already experience is my good friend, I find myself unable to do it justice! IT REALLY IS THAT GOOD! And be sure you understand she is no sissy!..it really is for ensuring, that all folks happy or searching, notice how life may trap us, with or without our authorization. The publication is magical.. This can be rather intimidating and a far more than a small frightening. you will like her writing style, it really is smart, well written and completely engaging. I really like this woman! One thing I wish everyone goes away completely with here, is that this book isn't just for people looking for 'freedom to fly'. I returned to take down notes and browse it once again!.. I first bought an sound book to pay attention as I travelled for function.! I don't wish to give away all of the wisdom that Beth shares with us. Really a wonderful book and I cannot recommend it enough for anyone . I don't know how she does it! Worry Less. I've taken Beth's training course, Do What You Like, and discovered it immensely helpful therefore i was really looking towards reading her book. Bought copies for my mum and best friend to spread the freedom! Although some of the ideas were similar to the course, the way the book was put together helped me to discover things in my life with more clearness. This book is a gem for everyone's reading list. For me it was not really believing in myself and having a whole lot of unfavorable self-chat going on inside. And recognizing those things that are holding you back again. I was keeping myself back again, not my circumstances or the important people in my life. This is a worthwhile publication to learn, and Beth writes within an easy engaging design that draws you in. I see this book loved and tattered and highlighted like crazy This book is incredible. and everyone of you sensible enough to read this gem, will find yourself in there some-where. This book was way way way much better than I expecting This book was way way way better than I expecting. I find this book enjoyed and tattered and highlighted constantly! Her insights and beautiful explanations open up an environment of thoughts that inspire one to move forward knowing that there is hope in the journey! Beth Kempton helped me observe that feeling free, regardless of my circumstances, is often a matter of perspective. Not forgetting feeling that it could be too late!) Beth's reserve and thoughts and concepts have me going for a second idea! I urge anyone who is dissatisfied with their life or profession choices to take a breathe, read her publication and realize she actually is the real deal and includes a gift--a gift to greatly help others get back again on track. FREEDOM SEEKERS: Live More.. many thanks Beth! I can tell it'll be a book I return to again and again like Marianne Williamson's A Return to Love which is dog-eared ." I read that and considered to myself, "She gets it.."I also appreciate what Ms. I could tell it will be a reserve I return to again

and again like Marianne Williamson's A Return to Love which is dog-eared in my bedside table drawer. Things I love about any of it: 1. Beth Kempton is definitely a lyrical writer. She weaves collectively metaphor and storytelling in a beautiful and compelling method. When she describes her travels, I can imagine that place in my mind. 2. This is not among those "Just get off your duff and perform it!" books. She helps it be clear that actions is required while remaining delicate to the conditions and emotions her readers could be swimming in. 3. But I am pleased I picked it up. Perform them! To be truthful, I wasn't expecting as much depth mainly because I've found. Not really because I don't believe in Ms. Kempton's function, but because so very much 'self help' appears to repeat the same mantras over and over again. This book differs. Amazing book Wonderful book, plenty of information.! Awesome Book! It's rather a vague greyness that is hard to pin down.. I'm enjoying Independence Seeker so much. Kempton says about motherhood and freedom. Let's be actual having children changes your life as well as your priorities. She continues on to give a fantastic explanation of separating emotions from specifics and our context from our feelings about the context and explains how we can shift perceptions and split the cage from the context. Whenever we separate them, we can clearly determine the cage and consider some action to set ourselves free. She then goes on to go over what she calls the Freedom Keys - a series of practical and metaphorical tools made to help us slide out of our cages and explore the possibilities of freedom. Freedom Seeker gets two thumbs up from me. I enjoyed every word Freedom Seeker is a book I'll go back to time and again whenever Personally i think I've fallen beneath the pressures of lifestyle. (Even though you are 55, experienced a life long imagine of an art business and motivational type business but do not know how to gell both!. I experienced many 'ah-ha' moments reading Independence Seeker. My copy today has even more lines underscored than not! Her eloquently written prose, the 8 Independence Keys she shares as very practical suggestions on breaking through our cages, the idea provoking journaling lessons she presents to help us gain clearness on what our cages are and what we are able to do to liberate from them, as well as the heartwarming life stories of others, got me on an enlightening, uplifting journey. I enjoyed every word. Thank you, Beth Kempton. Really a wonderful book and I can't recommend it enough if you are feeling stuck. Your publication has helped me dust my wings off and I'm prepared to fly. Scouts Honor!. This well crafted and insightful publication is immensely useful in and aiding you with putting together a plan of actions and succinctly untangling your ideas. It will help you in overcoming the intimidation and provides you the equipment to face your fears at once, one step at a time. whether it be innovative, personal or business related (or all three). A wonderful book that's filled with useful guidance... From time to time, we all get swept up in the tangle of yarn in our heads; It has become the guidebook for my

creative route. I feel empowered. Full of great guidance! Sometimes you have to re-organize and alter the road you are to make feeling of everything. I highly recommend having a notebook handy because you should write plenty of notes! Beth is an extremely generous, insightful and inspiring writer and she provides plenty of advice and assets on her website too for anybody looking to improve themselves and their lives. I am actually looking forward to reading her next publication, Beth is a really talented woman! Pie In The Sky For most people it would completely impracticable and unfeasible to follow much of the advice in this book.. In other words, relatively "pie in the sky" idealism.. The advice may be good for a privileged few that have the luxury of living a existence free of financial burdens and obligations - but also for the average person, that's not the case. This publication is nice - but it's just not practical advice. This can be a familiar concept, and several books before Freedom Seeker have already been written on the subject, but Beth's strategy is completely fresh. The author has forgotten that a lot of people need to pay bills and support kids and take care of the everyday one hundred and one stuff that must be done... It's maybe worth reading - however much of what is discussed are concepts which are wonderful to contemplate (and perhaps inspiring) but very unlikely to be able to be executed..... Five Stars Great Book! I have such a love of birds, therefore her constant bird talk made me so happy. Awesome Book! I have the Kindle and Audible versions and you will be buying the hard-copy as well so I can mark around it and dog-ear the pages. This is one of my highlights from the beginning: "The contrary of happy isn't usually unhappy.!. You will like her stories.!. Love it. I feel lit up when I go through it and listen to it in my car. After the 1st hour of listening I purchased the book so I could use it with journaling and make notes in the book itself. Sometimes whenever a publication is hyped in MODERN circles, I skip it therefore i won't end up being disappointed that it's definately not the hype. The exercises and journal prompts are insightful and inspiring.!. Resounding YES! Loved this book! Uncertain in the beginning, it was chosen as part of my reading club so gave it a go and WOW, it just resonated with the trapped sense I have been going thru the last three years. So lots of the help books I've examine just deal with identifying your pain, but Independence Seeker gives steps to get over the cage and then methods to find achievement and hope once free of charge, and THEN plans to create your very best existence! And it didn't disappoint. Three Stars Okay self help book.



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