

The background of the book cover is a close-up photograph of two acorns and several green leaves. One acorn is in sharp focus in the foreground, while another is slightly blurred in the background. The leaves are vibrant green with visible veins.

Simple Ways to Transform Your Life

**Lessons Learned
by a Late Bloomer**

Dr. Barbara Plasker

Barbara Plasker

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In case you are yearning for a larger feeling of personal fulfillment and have a desire to produce a difference that only you can, this publication can help you reach those goals., "Dr. Barbara offers been down that road and shares her journey by discussing how she overcame the methods she unconsciously limited her development and achievements and how she overcame those self-imposed limits. Plasker delivers what she claims in a delightfully practical book that will certainly help many, from millennials to past due bloomers in their final years.Guidelines for Transformation" Imagine if you could discover how you sabotage yourself and learn how to get out of your way? Five Key Steps to a Fulfilling Existence" and "Four Phases of Change" built-into personal tales which demonstrate beliefs and attitudes that keep you back and methods to overcome them. Charles F."Imagine if you could modification your relationship with yourself as well as your dreams and take action toward your targets.Dr. Freedom, achievement, and joy could be yours by making conscious options that support your dreams as well as your desires. You could be one year old and living your dream, or simply one year older.This is the time to choose freedom more than letting your self-defeating, unconscious thoughts control you.In this book, you will find " She has organized each chapter in order that one can immediately process the lessons and consider meaningful action to awaken life's wonder and possibilities. I know you will enjoy this book just as much as I did." —A year from now, you'll be twelve months older. Glassman, MD, FACP, author of Brain Drain, founder of CoachMD, creator of The Brain Code personal growth system and innovator in Personalized Medicine



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An excellent reserve for personal enhancement of your respective soul The 1st time I opened this book, I happened upon the page with a table differentiating the differences between using the ego and the soul to live one's life. Barbara offers a "pep talk" style of writing that is conversational and encouraging. We are currently studying the chapters one by one, and enjoy the actual fact that the chapters are very short - mainly because a businessperson, it helps to digest information in short segments, which book is set up this way. The writing style is great and conversational in nature. Barbara lays out the stepping stones in order to follow and encourages you also!. Each chapter starts with a thought provoking question, which frames the materials for each chapter. After that it details a story, a lesson discovered, a segment known as "something to take into account", and a useful follow-up exercise. Judith Librot I instantly connected with Dr. It's not only an enjoyable, easy read, but the materials will help you to think about your lifestyle - and how exactly it affects others - differently. This was the perfect book for me to read as I was starting ... I really enjoyed this book and the way in which she wrote . The author delivers wisdom in a way that is easy to read and to understand. Throughout the book, she addresses essential topics such as stability, being present, gratitude, ego powered versus Soul driven mindset, and mindfulness. She provides the reader with very clear, concise charts that make it simple to start transforming one's life from within. Frequently we start a new 12 months with resolutions that amount to a lot of guidelines and "shoulds". and then describes very understandable directions to improve that.. Plasker is ready to be vulnerable, authentic, and actual and she shares her personal tales about lessons she discovered as a late bloomer. There is real life scenarios from the writer which are relatable and encouraging which create even more of a friendly discussion rather than a bullet point set of how to become better. I recommend this book. Through an eternity of her personal stories, i connected .. Barbara's book and appreciate her insight and wisdom. Through a lifetime of her personal stories, i linked to Dr. Dr. This is an excellent guide to a better life. This book is a rare gem! with numerous possibilities to dig deeper in to the reasons why we hold ourselves back from being the initial and talented person we were designed to be! This was the perfect book for me to read as I was starting a new year!. Dr. Who understands? I love the way she was open up and vulnerable and shared her lifestyle encounters and the lessons she learned from each. While reading this publication I felt as though we were taking pleasure in a glass of tea collectively and we were simply in conversation. No preachy stuff heading on right here. Dr. Plasker's book as a mention of help me have a better appear at myself and find what I must transformation within me to help turn the problem around. She gives positive, life-affirming answers to navigate life's ups and downs and how exactly to quiet the inner critic. Each chapter begins by provoking your considering and is fairly short allowing you to process the information in small doses, which is ideal for those people who are short on time and or energy. This book is wonderful!! A quick and enjoyable read, Basic Ways will deliver it's readers with the tools for mindfulness and moving forward.! It's fantastic to read about someone triumphing and she provide her secrets on what she did it. I highly recommend this small powerhouse of a publication to anyone looking . I highly recommend this little powerhouse of a reserve to anyone seeking to change the way they view life and themselves. Barbara Plasker tells real-life stories to illustrate her factors. I'm so glad I purchased this book.. This reserve is about changing from the within. The stories of her very own "awakenings" throughout her existence in each chapter not only help clarify each concept, but also show how it really is NEVER too late to change course in life to go after what lamps you up! Barbara. Barbara's writing is so dynamic that I laughed out loud and I cried. I loved it! Dr... This book is a practical guide. Each chapter describes a specific concept that, while apparently simple and obvious, requires self-reflection and is essential, in combination with others, to develop and live a more fulfilled lifestyle. Dr. Barbara uses relatable anecdotes from her very own lifestyle to illustrate each one of the ideas in the reserve. Barbara has written a plan for anybody, from any walk of existence, to 1st learn what keeps them back again from being the individual they are designed to be, want to be. and with becoming

my best self. This book offers very much to take into account as we each negotiate the lessons we find out throughout our lives. Dr Plasker calls for us through vignettes of her life as types of her own insights and development. As a past due bloomer, myself, I relate to the struggles with becoming who I really believe I was meant to be, and with getting my best self. easy read that offers a wealth of insight and information This was precisely what I needed!! A quick, easy read that provides a wealth of insight and details. If you're searching for a pep chat from a smart friend, some motivation to greatly help move you forward, or just a general increase, this is the book. It is impossible never to see yourself in all of Dr. Plasker's encounters, and it's impossible never to feel refreshed after this great read. Like getting advice from a pal over coffee Simple Methods to Transform Your Life: Lessons Learned by a Past due Bloomer (boy is a mouthful) by Dr. Barbara Plasker was given to me thorough a Goodreads.com giveaway in substitution for my honest review. Right now when I am triggered by someone or something or lifestyle is not going as I expect, I'll use Dr. As a person who is very goal-oriented (and admittedly has somewhat of an overblown ego), I found this to be the perfect introduction to this extremely thoughtful and compassionate book. Many thanks Dr Plasker for sharing your trip and lessons with us. She is inspiring and insightful and makes one believe that it really is never too past due to change and grow as a person. While the recommendations posed in the book are not earth shattering, they will supply you with a grounding that brings you back again to working positively to achieve your goals. This book is wonderful! Does it help you overcome article writer's block? I really enjoyed this publication and the way in which she wrote it. I must admit I'm writing right now aren't I? Take a look. You might find the answers you need. Happy reading! Her wisdom and gift for teaching offered me the opportunity to learn how to negotiate the ups and downs of everyday experiences. Simple ways are exactly what I need..!! Dr. It really is absolutely among those books you go through, after that sneak a peak on a monthly basis to keep you motivated on your own path to a perfect life. Simple Yet Profound Reminders As Plasker says "life is good whenever we are centered inside our true selves and work by making choices for our highest good." Her book centers around lessons for our higher good in bite-sized chapters perfect to digest right before bed. Change is not easy, but with the awareness that Barbara provides Simple Methods to Transform Your Lifestyle is an important book for all those people who need to improve and grow. Change isn't easy, but with the recognition that Barbara provides, it becomes easier. I think that is a perfect reserve for everyone who wants to do something to take charge of their life and strive for wholeness. I recommend this book for people that want to get simple ways to transform their lives. Barbara's book! Top 5 Nightstand Books What an inspirational tale!! I instantly linked to Dr.. I will take responsibility for my life rather than blame others. I appreciate the practical solutions.



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