


SMASH YOUR COMFORT

A close-up photograph of a hand firmly gripping a black showerhead. Water is spraying out of the showerhead's nozzle, creating a misty spray. The background is a light, textured surface, possibly a shower wall, with some water droplets visible.

ZONE *WITH* ***COLD SHOWERS***

**How to Boost Your Energy, Defeat Your Anxiety,
and Overcome Unwanted Habits**

JESSE HARLESS

Jesse Harless

Smash Your Comfort Zone with Cold Showers: How to Boost Your Energy, Defeat Your Anxiety, and Overcome Unwanted Habits



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"" Smash Your Comfort Zone with Cool Showers, Jesse Harless offers you what you might call a "not-so-obvious magic formula" that will boost your energy (almost instantly) while helping you to defeat your anxiety and overcome any self-destructive practices. At a stand-still? - Hal Elrod, international best-selling writer, The Miracle Morning Do you have a problem with anxiety, procrastination, low energy, or unwanted habits? Or do you feel that your recovery from an addiction needs an upgrade? Jesse Harless invites us into his intimate journey from its beginning to current. His experience living with multiple addictions from an early age highlights that being vulnerable within an unforgiving globe can negatively effect anyone. Jesse discovered to carefully turn vulnerability into strength. Smash Your Comfort Zone with Cold Showers offers a thoughtfully candid panorama of his life, and of the individual condition, to be able to help readers to turn over rocks and dare to start to see the opportunities underneath. Order Smash Your Comfort Zone with Cold Showers today and learn: Order Smash Your SAFE PLACE with Cold Showers How exactly to overcome unwanted habits is about reclaiming your life, your recovery, your self-confidence, and your potential. How to conquer nervousness and reduce major depression, and Ways to change your story by shattering self-imposed barriers.s deliberate, repetitive method of motivational storytelling. Smash Your Comfort Zone with Chilly Showers How exactly to increase self-discipline and develop self-self-confidence "Supporters of Thich Nhat Hanh will appreciate Jesse'This book is about much more than turning a handle while bathing. His method of instruction is direct, and yet manages to sneak under visitors'Are you at a crossroads? pores and skin and warm us up for personal goal-setting, action, and dramatic positive switch. And it's significantly easier than you may think. Why you need to give cold showers a try The research-backed benefits of chilly showers today and join a community of fellow visitors as they share their encounters using this reserve and the exclusive tools that follow each download. In We'll end up being journaling, providing accountability, and celebrating outcomes jointly. As Jesse insists in Smash Your SAFE PLACE with Cool Showers, " Scroll to the top of the page and choose the buy now switch.Change reaches your fingertips.Do it!Who knew a simple switch of the dial in a daily ritual that all of us already partake in (well, hopefully all of us) may transform our lives?



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