

The Power of Small

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Synopsis

author	Aisling Leonard-Curtin, Dr Trish Leonard-Curtin
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inLanguage	english

Feeling overwhelmed? This is the audiobook for you. Rather than waiting for the big life-changing moments, which more often than not don't happen, *The Power of Small* shows you how to take manageable steps as opportunities to change your life, one decision at a time - emphasising self-compassion as a means to gently expand your comfort zone and open up new horizons. Mixing case studies from clinical practice with the latest psychological research, the authors also share personal stories, having worked firsthand with these techniques on their own journeys towards improved mental and emotional well-being. From understanding -- and learning to observe without judgment - the traps our minds set to breaking out of our comfort zones, *The Power of Small* technique is all about what is manageable in the now and teaches us how to prioritise and know what boundaries to keep, and which to gently push. If your mind tells you that certain life changes are unattainable, undeserved, or too hot to handle, this simple and effective book is the one for you. **PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.**

Reader's comments

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