

# Tired of Living

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## Synopsis

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**Are you tired of feeling worthless? Are you exhausted from beating yourself up for your mistakes but can't seem to end it?**

It is a vicious cycle. The more you blame yourself - the more mistakes you'll make.

We all fail and err at times. So, you have to learn how to stop being mean to yourself and concentrate on the changes you want to make.

Granted - it is easier said than done. But with a good guide, anything is possible.

So, you can assess the error and move on.

This audiobook will help do just that:

- You will learn to kick the feeling of worthlessness
- Understand your emotions better
- Deal with depression
- And much more

"I'm useless" - sometimes we all feel this way. And while some people can recover quickly, others slide deeper to the edge - until they fall into depression and even get sick. It is that serious.

**The focus of this audiobook is emotional stability and self-esteem boost.**

This audiobook will not prevent you from making errors, but it can teach you to learn from them, analyze, and make conclusions. And most importantly, it will teach you how to be at peace with yourself.

**Don't let give up on your dreams because of failures. Instead, make them work for you by listening to this audiobook right now!**

## Reader's comments

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