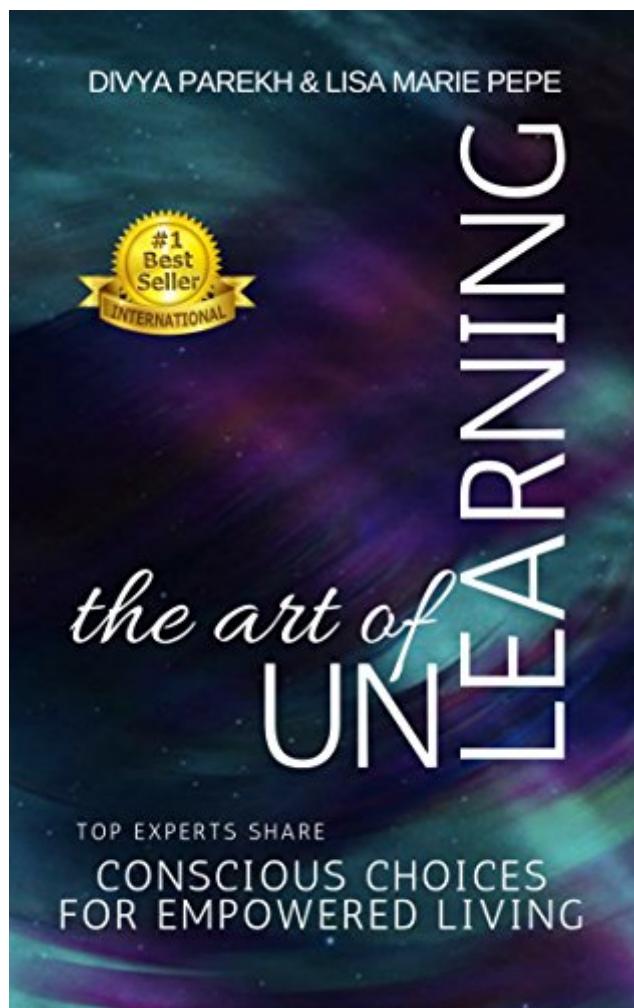


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# The Art Of UnLearning: Conscious Choices For Empowered Living



## Synopsis

You may be wondering what is meant by “the art of unlearning.” It refers to unlearning the implicit and explicit negative messages we have learned over the years. And not only unlearning them, but actually thriving in spite of them. These authors have adopted a courageous, “refuse to lose” mindset, never giving up, exploring all possibilities and becoming successful. You will be touched by each powerful story and walk away with invaluable insights applicable to your own life. Inside you will discover how these authors have taken their message and created a movement. They share with their readers how to breakthrough their barriers and rise above the challenges in their lives. Additionally, this international group of expert authors have decided to donate the profits of the purchase of this book to KIVA.org, a global organization that provides loans to change the lives of women entrepreneurs in the U.S. and developing countries worldwide.

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