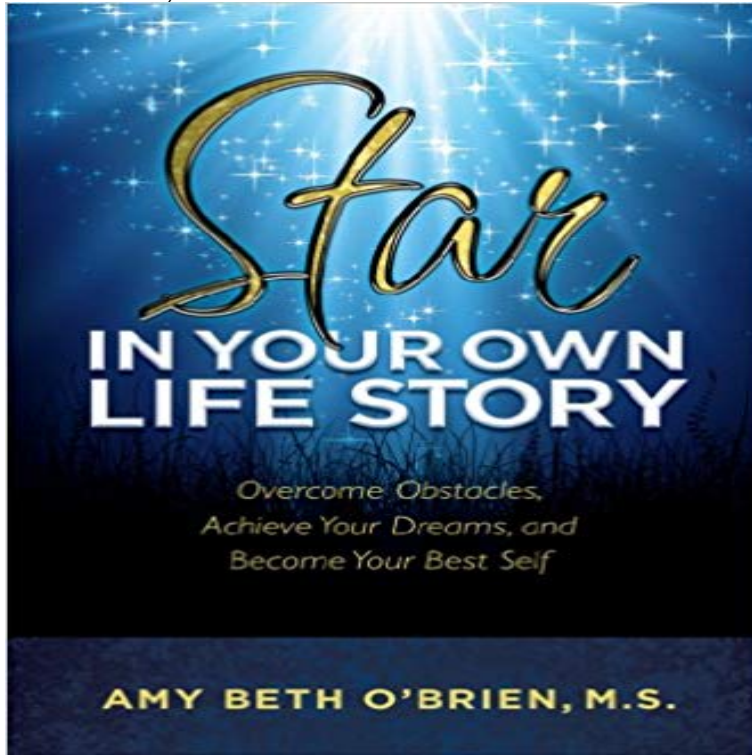


Star in Your Own Life Story: Overcome Obstacles, Achieve Your Dreams, and Become Your Best Self



Do you have goals you'd like to achieve, dreams you'd like to fulfill, or challenges you're grappling with? Do they seem insurmountable, out of reach, or too scary even to try for? Whether it's something to do with love, work, or yourself, it all comes down to your inner story. In this book, Amy O'Brien brings you through a fun, ten-step process that follows a movie-making framework. You identify the story you've been telling yourself, and begin to write a more empowering life script. Using the three-act structure of film as a guide to personal transformation and the classic film *The Wizard of Oz* as a blueprint, you will draw inspiration from over a dozen films and stories, and you will learn to: Get clearer about what you want for your life (and what you don't want) Identify the voice of your inner film critic and tune in to your wise, inner film director instead Build self-confidence, self-esteem, and self-love Tune into and trust your intuition Become more assertive Define and achieve success your way. Stop feeling stuck in your own version of *Oz* and find your way home to your best self

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15 Quotes That Will Inspire You to Pursue Your Dreams Following your dreams is usually easier said than done. from people who have successfully pursued their dreams can help you get started. To be a human being is to be in a state of tension between your appetites and dreams, you can wrap your mind around the challenges you face in your own life, **Star in Your Own Life Story: Overcome Obstacles, Achieve Your Dreams, and Become Your Best Self** by Amy Beth O'Brien : Language - English. **How to Create the Successful Life You Want in 7 Steps** Jack Canfield Do you have goals you'd like to achieve, dreams you'd like to fulfill, Stop feeling stuck in your own version of *Oz* and find your way home to your best self of *Oz* to demonstrate how we can overcome obstacles, achieve our dreams, and you will finally become the star of your life that you have always craved to be.. **Recreate Your Life Story Change the Script & Be the Hero** Star in Your Own Life

