



Level Up: Your Guide to Authentic Confidence and Internal Bliss

By James Wolfe

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Have you ever achieved something but still felt like something was missing? Have you ever thought that there must be more to life, like maybe there's something happy, fulfilled, successful people know that you don't? Are you sometimes happy but sometimes suffering in silence? Well, suffer no more. Level Up will show you how to live a life that is both fulfilling and successful in a real, meaningful way. The best part is that you get to be yourself; perhaps even MORE than you are right now.

What Readers are Saying:

"Level Up empowers readers to transform the way they view themselves starting now. Self-loathing, neediness, and anxiety are replaced with intense love for the self and others, acceptance and contentment. It is filled with radiating truth and practical advice that is invaluable in the world today. Level Up gets at the heart of what human beings long for." - Brandi Y.

"Level Up is concise, has a ton of value packed into it, and it's fun to read. The book lays out the road to feeling amazing. All I have to do is follow directions." - Will J.

"Level Up is so simple, yet profound. It will make a huge impact on anyone who takes the time to do the work and read the book." - Becca D.

"Level Up is a wonderful personal development book for anyone looking to feel happier with themselves and live a life of purpose. It covers a vast range of subjects without leaving you feeling overwhelmed because they come from one central message of loving yourself more and for no specific reason other than that you are perfect just as you are. Level Up covered a lot of relevant topics for me, but sometimes from a different angle to how I've viewed them before. It gave another view and reminded me of things that are all too easily forgotten, like how frickin amazing I am. It made me look at my journey to love myself more and see that I am still a work in progress but now with a heap more practical tools and ideas for making changes to that." - Caroline L.

"Level Up is the most useful book I've ever read. It left me with a sense of empowerment over my life. I will continue to read it for encouragement and I'm excited to put the ideas into practice in my daily life." - Brenda D.

"Numb to the humdrum and predictable vacillations of everyday existence, many of us sometimes wonder if there's more to existence than just this. Legitimate questions about what we are and whether there's something better lead to cultural clichés like "quarter century" and "midlife" crises. Proactively work through and navigate these crises - or just revisit how to find and realize your most authentic self by using this book. Level Up gives you a distillation of the most important concepts that can help you chart that path." - Ali I.

"I would recommend Level Up to anyone who is unsatisfied, afraid, desperate to change, or just generally uneasy about their own life. It is the best self-help book I've read and the only self-help book I've actually finished and will read again and again. It's the only book I didn't turn away from after trying to tackle exercises that didn't make sense or have real life meaning." - Kelly C.

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Editorial Review

From the Author

It all started with one, simple, burning question: I have everything I thought I wanted; why do I still feel miserable?

I spent five years and over \$12,000, read hundreds of books, pored over hundreds of academic journal articles, listened to hundreds of podcasts, and took in an enormous amount of audio, video, and live trainings to answer that question and have the transformation I was searching for. I was willing to learn from any source. I searched everywhere. All of that experience went into making this book for you.

My goal is to enable you to have a similar transformation in much less time, while spending much less money, and searching through many less sources of information than I did. I want you to have a framework within which you can conduct the rest of your personal growth.

From the Back Cover

Level Up will teach you:

- How to feel permanently better inside every day in a healthy, sustainable way
- How to be more confident all the time
- How to be more popular without changing who you are
- How to achieve REAL success and accomplish more
- Why diets don't work and what you should do to change your life instead
- How to ACTUALLY "love yourself"
- The main cause of social anxiety and what to do about it
- How to raise your personal value
- How to expand your comfort zone
- How to recruit reality to work for you instead of against you
- How to Level Up your personal power
- How to use fear to your advantage
- How to "self-soothe"
- How to break codependent behavior patterns and be your true self
- How to live a fulfilling life

...and more.

About the Author

Jim Wolfe is an educator, author, and explorer of the universe who teaches the synthesis of success and fulfillment. He is obsessed with reading, writing, learning, travel, and personal growth. He draws on a tremendous variety of sources to create effective educational experiences.

Jim tends to be science and evidence-minded, but he's open to anything that actually works and looks for personal growth lessons in literally everything he does.

Jim doesn't want to motivate you for a few hours or days. He wants your internal life followed closely by your external life to be permanently better after you connect with him. His current mission is to help at least

one million people love themselves and their lives more.

Jim earned his M.A. in Communication and B.B.A. in Business Economics from Boise State University.

Users Review

From reader reviews:

Sheila Foxworth:

Book is to be different for every single grade. Book for children until adult are different content. As we know that book is very important for us. The book Level Up: Your Guide to Authentic Confidence and Internal Bliss seemed to be making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The publication Level Up: Your Guide to Authentic Confidence and Internal Bliss is not only giving you more new information but also to become your friend when you truly feel bored. You can spend your own personal spend time to read your publication. Try to make relationship with all the book Level Up: Your Guide to Authentic Confidence and Internal Bliss. You never experience lose out for everything in the event you read some books.

Evelyn Roberts:

In this 21st century, people become competitive in every way. By being competitive now, people have do something to make all of them survives, being in the middle of the actual crowded place and notice by means of surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Yes, by reading a reserve your ability to survive boost then having chance to stay than other is high. To suit your needs who want to start reading a new book, we give you this kind of Level Up: Your Guide to Authentic Confidence and Internal Bliss book as starter and daily reading e-book. Why, because this book is usually more than just a book.

Sylvia Kirby:

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled Level Up: Your Guide to Authentic Confidence and Internal Bliss can be very good book to read. May be it can be best activity to you.

Scott Padilla:

That reserve can make you to feel relax. This book Level Up: Your Guide to Authentic Confidence and Internal Bliss was bright colored and of course has pictures on there. As we know that book Level Up: Your Guide to Authentic Confidence and Internal Bliss has many kinds or variety. Start from kids until adolescents. For example Naruto or Private eye Conan you can read and believe you are the character on

there. Therefore not at all of book are generally make you bored, any it offers up you feel happy, fun and rest. Try to choose the best book to suit your needs and try to like reading which.

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