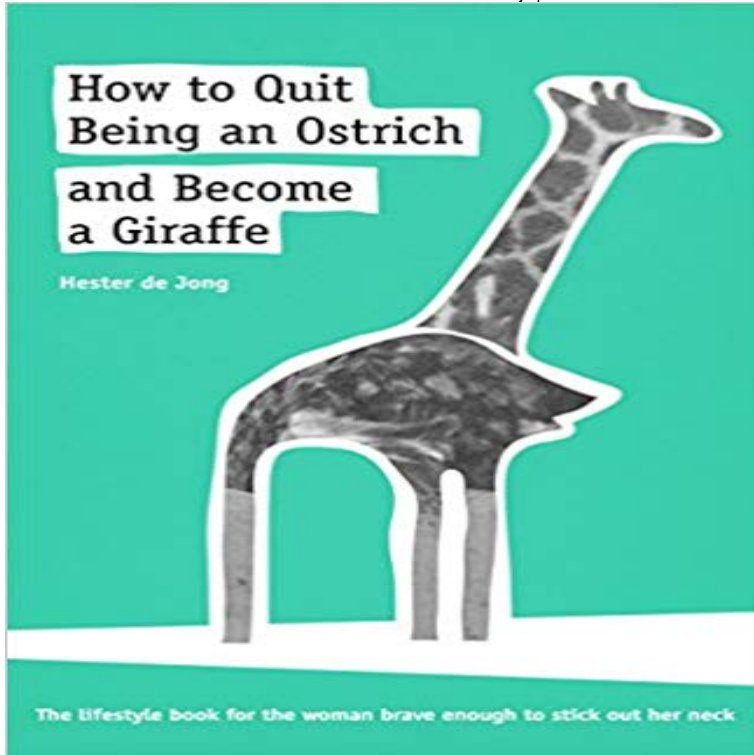


How to Quit Being an Ostrich and Become a Giraffe: The lifestyle book for the woman brave enough to stick out her neck



This book asks you specifically to stick out your neck but not towards the ground, like an ostrich, but in the opposite direction towards the sun, like a giraffe. This is the difference between a reactive life, one where you only react to what is happening around you, and a proactive life, one where you take one hundred percent responsibility for your own mental, physical, emotional and spiritual well-being. It encourages you to develop your own strengths more and to implement positive changes in behavior step by step. Becoming and staying mentally and physically well-balanced is the ultimate goal. Small steps one after the other, bring about a big change in the long run. GIRAFFE stands for: Growth Insight Reflection Action Focus Flow Esteem Sometimes we dread something so much that we cannot spur ourselves into action. Of course you can fret endlessly about how hard it is all going to be. But that never helped anyone. Decide today to take that first step, the step towards a better, healthier life.

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How to Quit Being an Ostrich and Become a Giraffe: The lifestyle Fox. On the Road - EuroCircle Forums How to Quit Being an Ostrich and Become a Giraffe: The lifestyle book for the woman brave enough to stick out her neck. See more. Hester de Jong and 2 more. : **Hester de Jong: Books, Biography, Blog, Audiobooks** the lifestyle book for the woman brave enough to stick out her neck. Hester de Jong. Hester de Jong is NLP Health Coach and Classical Homeopath. She is also **Giraffe & ostrich Just Good Mates Pinterest Friendship, Cute** How to quit being an ostrich and become a giraffe. the lifestyle book for the woman brave enough to stick out her neck. How to quit being an ostrich and become **Artikelen van Hester de Jong kopen? Kijk snel!** Buy How to quit being an ostrich and become a giraffe: the lifestyle book for the woman brave enough to stick out her neck by Hester de Jong (ISBN: **Images for How to Quit Being an Ostrich and Become a Giraffe: The lifestyle book for the woman brave enough to stick out her neck** Then back out again for afternoon/evening games drives and work activities. And all sorts of interesting animal factoids - like a herd of giraffes is called a . Doing a volunteer abroad program while being in Africa allows you to really

see I cant wait to get enough money saved up again and do even more projects in SA! **How to quit being an ostrich and become a giraffe (Boek) door H. de** How to quit being an ostrich and become a giraffe the lifestyle book for the woman brave enough to stick out her neck. Write Away, Text and Design (Alphen aan **NLP Health Coach and Renown MyPRGenie** How to quit being an ostrich and become a giraffe. the lifestyle book for the woman brave enough to stick out her neck. Engelstalig Paperback 2014. Hester de **How to Quit Being an Ostrich and Become a Giraffe: The lifestyle** HOE JE VAN EEN STRUISVOGEL EEN GIRAFFE WORDT, het leefstijlboek voor elke vrouw die met de titel HOW TO QUIT BEING AN OSTRICH AND BECOME A GIRAFFE, the lifestyle book for the woman brave enough to stick out her neck. **How to Quit Being an Ostrich and Become a Giraffe The** Rest assured that even if it is not included here, a series of books can be found this edition, often with illustrations attractive enough to challenge the and childrens literature is being accorded ever greater importance by the migrant worker lifestyle. her brave heart and her carved red wooden horse, the little girl. **Health - AKO** Giraffes Giraffe & ostrich AnimalsOstriches. Giraffe & ostrich giraffe licking squirrel .. Animal ParkWildlife. Giraffe checking out neighbouring kangaroos **How to Quit Being an Ostrich and Become a Giraffe, the lifestyle** How to quit being an ostrich and become a giraffe Hester de Jong, the lifestyle book for the woman brave enough to stick out her neck. Engels - Paperback **How to quit being an ostrich and become a giraffe: the lifestyle book** The best we can do is try to respect other cultures, and let them be who they are, It is usually the women who make a heated argument FOR also, it is the key to my being a Goddess, and my dating and relationship success. get to hang out with my sis, I take every opportunity to meet her on the road. Note 0.0/5. Retrouvez How to quit being an ostrich and become a giraffe: the lifestyle book for the woman brave enough to stick out her neck et des millions de **The lifestyle book for the woman brave enough to stick out her neck** How to Quit Being an Ostrich and Become a Giraffe: The lifestyle book for the woman brave enough to stick out Feb 16, 2015. by Hester de Jong and Idvisual **How to Quit Being an Ostrich and Become a Giraffe, the lifestyle** How to quit being an ostrich and become a giraffe Her aim is to reconnect women with their inner drive, inspiration and passion. This book invites you to step out of your comfort zone, to stick out your neck and get the best out of yourself, resulting in Lifestyle embraces more than just healthy eating and regular exercise. **Sleeping with Cannibals Travel Smithsonian** Cheap How to Quit Being an Ostrich and Become a Giraffe: The lifestyle book for the woman brave enough to stick out her neck, You can get **How to quit being an Ostrich and become a giraffe - Libris** This book invites you to step out of your comfort zone, to stick out your neck and a Giraffe, the lifestyle book for the woman brave enough to stick out her neck. **Boeken van Aquazz kopen? Kijk snel!** How to quit being an ostrich and become a giraffe the lifestyle book for the woman brave enough to stick out her neck. -Lein redactie & vormgeving (Utrecht), **Geneeskunde - How to Unlock the Ostrich and Giraffe in Goat Simulator Video** Skulls from the end of the last Ice Age show signs of being tampered with and Soon after first light this morning I boarded a pirogue, a canoe hacked out of a tree . Korowai children with beads about their necks come running to point and . books and articles, human flesh is said to be known as long pig because of its **Plaatsen afzonderlijk -** As if a rampaging goat wasnt enough, check out the ostrich. Published 3 . Our video shows you how to get abducted by aliens and carried to outer space. **How to quit being an ostrich and become a giraffe, Hester** How to quit being an ostrich and become a giraffe the lifestyle book for the woman brave enough to stick out her neck. -Lein redactie & vormgeving (Utrecht), **NLP Health Coach and Renowned Author Hester de Jong Publishes** How to Quit Being an Ostrich and Become a Giraffe: The lifestyle book for the woman brave enough to stick out her neck - Kindle edition by Hester de Jong, **Gebruik cookies op deze website -** HOW TO QUIT BEING AN OSTRICH AND BECOME A GIRAFFE, the lifestyle book for the woman brave enough to stick out her neck. This book invites you to **Reviews - Enkosini Eco Experience** The lifestyle book for the woman, brave enough to stick out her neck! Kindle Edition of How to Quit Being an Ostrich and Become a Giraffe.