



Get Real: Featuring 'Calm Confident Me' and 'The Sea of Life'

Ian Berghofer

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The book is broken into two parts, Calm Confident Me and The Sea of Life, The self-paced learning program Calm Confident Me replaces our most common mental roadblocks with proven mental strategies for success. The Sea of Life, provides an example of a realistic personal philosophy that is consistent with the lessons of CalmConfidentMe and fits into a modern life. Just as the title suggests this book can help you understand your behavior and through that process of understanding help you heal self-defeating behaviors as you achieve personal growth.

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