

Scaricare Fight PDF Gratis - Hazel Gale



Scaricare o Leggere Online Fight Hazel Gale PDF Gratis, On a cold December afternoon in 2013, Hazel Gale was declared the English ABA Boxing Champion. On paper, this wasn't her greatest success in sport, nor was it even her best-fought bout. But as her hand was raised that day, Hazel felt a surge of alien emotion. She wasn't sure whether it was happiness, pride or just a good old-fashioned sense of achievement. But it was new. Looking back, she can tell you that what she'd felt upon winning up until that day had been shame. This time, she owned the triumph.

Competing in the sports of kickboxing and boxing for almost a decade, Hazel battled with the monsters of her mind on a daily basis - anxiety, depression, eating disorders and, eventually, burnout. *FIGHT* takes you on her journey from a life of fearful self-destruction to that moment when she finally felt deserving of success.

With self-awareness comes immense power. It was cognitive hypnotherapy that helped Hazel uncover both the root of her problem and the key to her recovery. Ultimately, it was her

monster that showed her the way back into the ring and to a state of emotional and physical balance. Feeling compelled to share these profound benefits, she qualified as a therapist and is now one of the most sought-after practitioners in the country.

Fight is like a one-to-one session with Hazel. Through vulnerable storytelling, digestible theory and pocket-sized therapeutic processes, this book will teach you how to alchemise your moments of self-sabotage.

It's time to emerge victorious from your own battles, whatever they may be.

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