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The Mental Sherpa by Theta Spring Archives Available

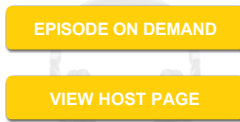
Life is a journey. In fact, we all try to strategize and make life feel like we are in control of what happens. By making it predictable we can avoid confronting the unknown! However, the fact is that life never gets easier. You just get to know yourself better. The Mental Sherpa Show's mission is to help you have a better relationship with yourself. By discovering yourself, you are able to navigate life with core foundational tools that can help solidify self-trust, self-confidence and see the world through the lenses of opportunity vs. feeling like a victim and at the effect of things in you

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