



BOOK:

Unhindered, The Seven Essential Practices for Overcoming Insecurity

AUTHOR *Jaemin Frazer*

Not many people would admit to being insecure, yet it's a problem impacting all of us. Whether you're unemployed or a CEO, insecurity is a universal problem and is often hidden within life's problems, showing up as pain in your health, finances, work, and relationships. If you don't find a way to face up and overcome it, it can ruin your life. But it doesn't have to.

In the new book *Unhindered*, renowned life coach, TedX speaker and author Jaemin Frazer provides a practical guide to overcoming insecurity – for good. Drawing on over 10 years' client experience and well over 10,000 coaching hours, the founder of the Insecurity Project, provides a proven framework for solving the insecurity problem, rather than simply masking or managing it. By following Jaemin's 7 essential practices which show exactly how to overcome insecurity, readers are empowered with the tools needed to show up at your best when it matters most, unhindered by self-doubt, fear and limiting beliefs. Accessibly written and backed with research and case studies, *Unhindered* is the definitive guide to solving the insecurity problem in your life.

RRP: \$29.95. To purchase the book go to: www.jaeminfrazer.com

BOOK:

How To Break Up With Friends

AUTHOR *Dr Hannah Korrel*

Sydney-based author and Neuropsychologist, Dr Hannah Korrel provides a no-BS, essential guide for anyone devoting their precious time and energy into maintaining friendships with toxic friends. Using activities, truth bombs, and real-life examples, Dr Korrel helps readers learn how to:

- Identify the bad friends in your life
- Understand what true friendship should look like
- Learn how to attract the best people
- Become the best friend you can be yourself
- Understand the value of self-worth

Provocative, funny, and brutally honest, *How To Break Up With Friends* is an essential read for those looking to get rid of toxic friendships and reinvest in the ones that really matter.

RRP: \$24.99 (Impact Press).

To purchase the book go to: www.hannahkorrel.com



BOOK:

Add Value

AUTHOR *Mark Carter*

Discover your values, find your worth, gain fulfilment in your personal and professional life.

What do you really value? The impact of COVID-19 has forced many of us to re-evaluate what really matters, yet we often only think about it in times of trouble. Without a complete sense of our value, we are unprepared and unskilled to manage the challenges of today and tomorrow. So, what if you could bring more value to your relationships, your work and your life?

In the new book, *Add Value*, leadership development specialist and author Mark Carter takes a deep dive into the meaning of value – a concept we throw around but is at the heart of every decision and action we take and ultimately determines our effectiveness and impact in the world.

Carter provides readers with a unique framework to help you tap into your core values, live and work authentically in the modern world and connect honestly and authentically with others.

RRP: \$27.95 (Wiley).

To purchase the book go to: www.markcarter.com.au

