
The Mountain is You Summary PDF Cheatsheet —

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- ?? 1. **The Truth About Self-Sabotage: How our unconscious needs, fears, and beliefs often shape our actions and lives**
- ? 2. **Signs of Self-Sabotage: Breaking the cycle of self-sabotage by identifying and understanding common signs**
- ? 3. **Change and Homeostasis: Understanding our brain's resistance to change, even when it is positive**
- ? 4. **Intuition vs Intrusive Thoughts: Separating gut feelings from fear-driven mental distortions**
- ? 5. **Emotional Healing: The art of allowing ourselves to feel, then letting go, and moving forward**
- ? 6. **Attaining Self-Mastery: Shaping your future life with the help of your most powerful self**

This is just a sample!

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