



Life Beyond The Mask

Paul Ryder

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Life Beyond The Mask is a powerful lifestyle coaching programme designed through 20 years of the authors research after experiencing many years of low self esteem and broken confidence turning it round to become a succesful author, public speak and emotional intelligence coach.

As we all know...life should be abundant! We were not born to 'constantly' struggle with lifestyle or conflicting emotions, nor were we created to continually analyse everything we do in a continual loop of observing life rather than living it!

Although it is true that life should (and can) be abundant, it is also a fact that many people are 'not' living their life in an abundant state!

When you take the Life Beyond The Mask journey you will discover how and why a person can learn limiting belief patterns from others around them and then start taking actions which they may feel are moving them forward but can often hold them back in life.

Why is it that sometimes even though some people give everything they have to improve their life by focusing on their aims and dreams.... in many cases their input doesn't alway bring the results they desire?

Well, the truth that needs to be realised is that there is something much deeper within the mind than many of us have ever been taught. This deeper concern is a loop programme which goes much deeper than social anxiety, low self-esteem or low confidence, and for millions of people who set goals to try to 'overpower' this loop programme, the result is that eventually their motivation or focus wears thin and the old habits return!

So should they just double our efforts? Think even more positively? Stand even taller and say 'I CAN' even louder?

In my opinion (and my experience) if you are taking actions that are not truly effective, doing more of them will not get you where you want to be any quicker!

Life Beyond The Mask will take you on a journey of discovery to become intricately aware of seeing your true self, the inner workings of the mind and how to use it to the greatest leverage, how other people can unknowingly control other people through their anxiety, how stress really works in the body and mind, understanding the dependency cycle in relationships, how to truly recovery from low self esteem, the structure of shame and guilt, how to be aware of hidden self sabotage coping strategies and how to move forward to create abundance through a powerful 8 step model covering each stage of personal development.

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Edward Payne:

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