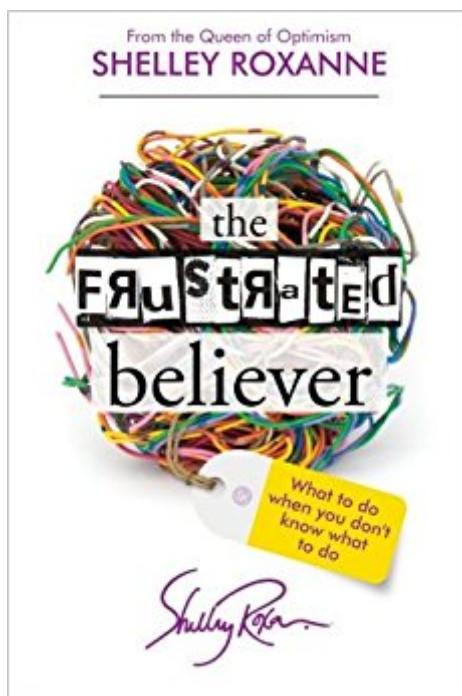


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# The Frustrated Believer: What To Do When You Don't Know What To Do



## Synopsis

Learn What Oprah Winfrey, Michael Jordan and Joel Osteen Know That You Don't, but Should The Frustrated Believer is not your typical self-help book. This is a surprising, provocative and often very funny, no-holds-barred wakeup call to all believers. With such blunt advice as, "Examine your own B.S." and "Smash Your Give-a-Damner," it's a rallying cry for all believers to live free of doubt, worry, fear and the judgment of others. In this refreshingly entertaining how-to guide, Queen of Optimism, Shelley Roxanne, serves up 50 bite-sized chapters full of hilariously inspiring stories, sage advice - shared with passion and purpose - helping you to identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want right now. In this book you'll learn: Why it is important to Practice the F Word Why it is imperative that you Come Out of the Closet Why you shouldn't Make Waves in a Kiddie Pool Why you must Watch Your Mouth Why Only the Good Die Young and much more! Using the techniques in this book you will be so busy loving your life that you will have no time for regrets, fear or frustration. "We don't just trip into an amazing life by surprise. It takes work. It requires that we work on ourselves, change when necessary and grow continually. Don't worry about what other people are doing, who likes you or not. Be sure to love yourself enough to live this life that was designed just for YOU. Go get your blessing. It awaits you." - Shelley Roxanne

## Book Information

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## Customer Reviews

Shelley Roxanne is the creator of The Negaholic's Diet and the founder of Optimistic U. Known as

the Queen of Optimism, Shelley is a recognized leader and expert in her field. Named a National Woman of Influence, she has delivered her life-changing principles to enthusiastic audiences around the globe through her various endeavors: Optimistic Radio, Optimistic U, Optimistic h20 and Optimistic Leadership Academy for Boys. A skilled speaker and sought-after coach, she is frequently called upon by top executives, athletes, musicians and celebrities to bring her powerful, passionate style to their teams. Her movement of Optimism has been convincing even the most pessimistic types that "The Best Is Yet To Come."

An insightful read that motivates and encourages believers. I especially liked Secret 4 which speaks to "If things go wrong, don't go with them". This chapter is applicable to many who get thrown off guard when things go wrong. Shelley Roxanne encourages individuals to use the problem-solving process to put order in issues that arise, and alleviate Fear ...Secret 15. Essentially, The Frustrated Believer is a great read that individuals would do well to add to their reading collection to review at intervals throughout life changes.

Outstanding, funny, witty, chockful of antidotes and remedies. I love this book. The new self-help standard of the century. One of my favorite chapters, Give What You Need. Giving is back in style. People all over the world are catching the fever and realizing the personal benefits of giving. If you need more forgiveness be more forgiving. If you want more time, money or love be more loving. Awesome words of wisdom. This book is destined to become a classic.

This book is amazing! It offers so much wisdom that is easily digested no matter where your faith lies. I've been using tips from the book and have seen so much evidence of her words being true. Pick this up immediately!

The best book I have read in a long time. Fun, enlightening and engaging. I keep it by the bed side and refer to it regularly. Better than The Secret. It's got good stuff that I can apply right away...and have.

it was ok

This book was a blessing in my life that delivered a powerful message to me in divine timing. It is so much more than your average self help book. It is very relatable and the way it is written will keep

you engaged. Anyone who reads this book will be inspired. I was in a dark place when I bought this book and it really assisted me in shifting my perspective.

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