



Your Guide to Thriving in the Challenging World of Today

by Joe Bakhmoutski



Paperback ISBN: 978-0-6485995-2-4

Number of pages: 160

Available through Ingram, ALS Library Services, James Bennett

eBook: 978-0-6485995-3-1

Trim: 203 x 133mm

RRP: \$24.95

About the Book

It's hard to keep your hopes up in a world of uncertainty, but what if you could bring more calm and confidence into your daily life? What if you could feel in control, live with greater purpose, and inspire others to lead happier lives?

Celebrated speaker, author, and coach Joe Bakhmoutski uses his lived experience with cancer and mental health struggles to share inspiration and advice on how to thrive despite the setbacks and challenges you might be facing today.

In this book, Joe shares practical ways to tackle uncertainty in your daily life and help you bounce back after a crisis:

- ✓ How to stop worry from taking over your life
- ✓ How to find joy in small, everyday things so that you are excited about life again
- ✓ How to find a greater sense of confidence to reach your goals faster
- ✓ How to forge even stronger bonds with the people around you
- ✓ How to rekindle your sense of purpose and belonging so you look forward to the future and give hope to those around you

For more about the book:

<http://AwayFromUncertainty.com>

Popular Programs

3 Simple Ways to Tackle Uncertainty In Your Daily Life

Topic: Motivation & Personal Growth

These days, you just never know what to expect, or how things might turn out - and many of struggle with worry, isolation and doubt. Using his personal experience of going through cancer, Joe brings out practical ways to regain calm, stability and control in your daily life.

How To Bounce Back After Crisis

Topic: Mental Health & Resilience

After his own challenges with mental health, Joe shares how to stop worry from taking over your life, take challenges in your stride, find a greater sense of confidence and rekindle your sense of wonder, purpose and belonging.

3 Obstacles To Getting Support You Want

Topic: Men's Health & Empowerment

How do you talk about things that don't make sense in the first place? Joe shares a simple three step process to help men share their struggle without feeling awkward to get support on their terms, and discuss how partners, friends and workmates can support men in a challenging time.

Book Joe for your next event:
Virtual or In Person Talks,
Workshops & Training

Book Joe Today!
0403 265 182
contact@powertobehappy.com