



# How to Come out of your Comfort Zone

*Windy Dryden*

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# How to Come out of your Comfort Zone

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## **How to Come out of your Comfort Zone** Windy Dryden

We all love comfort - but, psychologically, it can be a real trap, holding you back and keeping you stuck in dead-end situations. Using the principles of Rational Emotive Therapy, this book helps people deal with discomfort in life, with advice on how to get things done, achieve goals and overcome inertia, depression and self-pity.

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