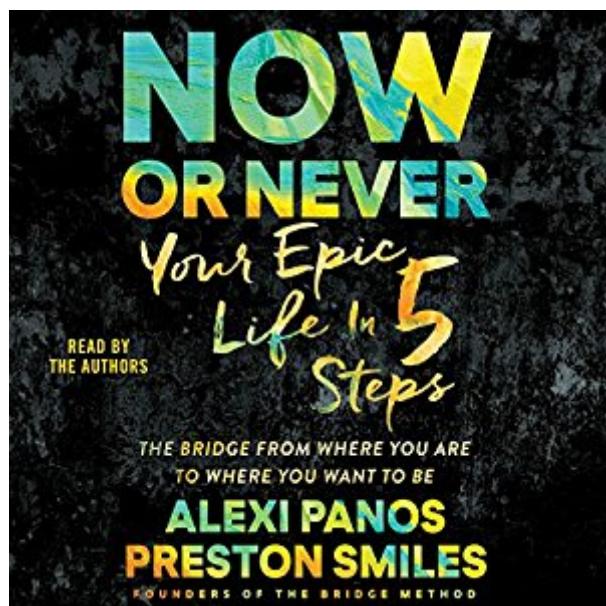


The book was found

Now Or Never: Your Epic Life In 5 Steps



Synopsis

Alexi Panos and Preston Smiles, the internationally recognized next generation thought leaders, redefine what's possible in relationships, career, and life. Alexi and Preston went through periods in each of their lives where they felt like they were doing all the right things, but never got the desired results. They read all the best books in self-empowerment and positive thinking, took classes, and sought advice, but there was always something missing. After all of their soul-searching and personal development, they realized that they were missing a connection between mind, body, and soul. Based on their 12-week successful online program The Bridge Method, Now or Never combines the couple's years of training into five principles that can help you navigate the real world, learn how to overcome your inner obstacles, and become your best self. Filled with narratives and stories from the duo's own lives as well as from those they have helped along the way, Now or Never shares exercises, insights, and challenges to help you attain the personal freedom you have always been seeking. If you want to lead an ideal life, you must become the best version of yourself. Alexi and Preston can be your guides. Choose your life. It's now or never.

Book Information

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Customer Reviews

Wow. I've worked with Alexi and Preston in person, and I can't explain how clearly their hearts and service to others shine through this book. The content of this book and their work isn't the same things you hear over and over again in personal development books. It cuts right through the STORIES we tell ourselves about why we can't have the life we want and gets to HOW you change

your life right off the bat. It is not a book for the weak of heart. If you want to stay a victim, have everyone around you listen to the same sob story about how your life is so hard, this book is not for you. If you aren't willing to do the work to change every part of your life that isn't working for you, this book is not for you. However, if you're ready for massive change, this is literally steps 1-5 to get you there. As they say, how you do anything is how you do everything. Be prepared to face yourself in the mirror and take action. They show us how we each have everything we need to change any issue that we're not satisfied with. Definitely a book I will be using over and over to guide me along the way.

Having read Preston's book "Love Louder" and Alexi's book "50 Ways to Yay!", I knew a book they co-wrote would be AWESOME! I pre-ordered it and was so excited when it got here just before Christmas. They have done an AMAZING job of explaining how to get your life from where you're at today to where you want to be. The style of the book is straight to the point and very easy to read. If you want some tips to get your life moving in the right direction - this will give you some wonderful guidance!

This is by far the best book I have read in a very long time. With a clean new approach to personal development, the practical tools that I have been given inside this book are truly transforming how I show up to my life. My relationships are improving daily and my overall happiness is rising just because of this fresh perspective. PHENOMENAL BOOK!! Oooo and the Audible is awesome because its the AUTHORS who read it, not a boring robot voice, just that of pure passion and love!!

I LOVE this book. Each chapter is packed full of helpful tools for understanding yourself better, for learning about how to relate to your feelings, your conditioned tendencies and the stories you create. These are things that most of us are not formally taught and so I'm so grateful that Preston and Alexi are teaching us! I have been applying so many of these strategies to my own life (like centering when I feel anxious and being able to recognize what happened and the story that I'm creating around it) and also share these insights with friends who have found them valuable as well. I highly recommend this book as an accessible read that offers so much wisdom and practical steps you can take to step into a more expansive version of you right now!

Love the power in the simplicity! Alexi & Preston have an engaging writing style - I feel like they are sitting with me as I read - often teasing me to really pay attention and get it. Great combination of

theory, real-life examples and exercises - this is a book that helps you dig in and shift your life for the better. Thank you!

This book is such a phenomenal guide with practical steps anyone can follow. This is a MUST in anyone's library who is interested in personal development or growth of any kind.

Inspiring and motivating read! The tips and exercises are sure to get you stepping into growth and releasing your fears!

It doesn't matter if you are into Professional Development or not, give this book a chance. Open your heart, mind and see what you can learn in this quick read. You will want to read this book many times over. It is now or never. It's time for you to step up to the plate and give yourself a chance to have the best life possible. Dream of what you want and go for it.

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