



Three Points of Contact: 12.5 Ways to Jumpstart Your Life and Weather Any Storm

Gregory Q. Cheek

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Three Points of Contact outlines a 12.5-step strategy to help readers on any path manage and conquer any life's storm. Through a learned skill set including optimism, visualization, and action, Three Points of Contact presents a principle-centered method to promote one's happiness, health, and positivity. These points will provide readers with a trifecta of key concepts to transform one's life and create a collection of skills to be used in any situation. Live a life of happiness, health, success, and resilience with the three points of contact!

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From Reader Review Three Points of Contact: 12.5 Ways to Jumpstart Your Life and Weather Any Storm for online ebook

Lynne says

I truly do feel there are some good points in this book that may actually help anyone going through challenges in their lives. I am just saddened by the facts that the author does not relay the truth in saying he was all alone going through his cancer treatment, and some of the things he said he did during his treatment that did not occur. He was not alone, and anyone going through this struggle in your life, or may in the future.....I pray you also may have someone to help you through your challenges you face as this author did.

Tiera Sheppard says

read this for a class at university

professor cheek' s book is riveting and full of information that will help someone in the future. it was a interesting read and one that I personally will keep reading

Gargeya Vunnava says

Was feeling emotionally low. A friend of mine gave me this to read. I read a few pages before he took it back. I liked whatever i read wish to complete the book.
