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The Everest of Potential

Seven Steps to Revealing Your Strengths

Author: Marion Chaygneaud-Dupuy

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Marion Chaygneaud-Dupuy's charisma leaps from every page of this book packed with practical exercises to help you get to know yourself.

Climbing Everest is already a feat, but doing it three times and organizing a group cleanup of the overtrodden peak is a testimony to Marion Chaygneaud-Dupuy's incredible strength. Here she shares what she learned from her last climb, along with advice on personal development, developing resilience, and tapping your hidden potential. Marion Chaygneaud-Dupuy provides new techniques for summiting your own inner Everest in seven clear steps. Anchoring these firmly in her own experience, she guides reader-mountaineers from base camp to the descent in an inner and outer journey. Includes practical exercises in meditation, exploring your bodily sensations, accepting your weaknesses, and turning fears into strengths. Spirituality, challenging yourself, and protecting the environment: Marion Chaygneaud-Dupuy is in tune with the great issues of our day.
