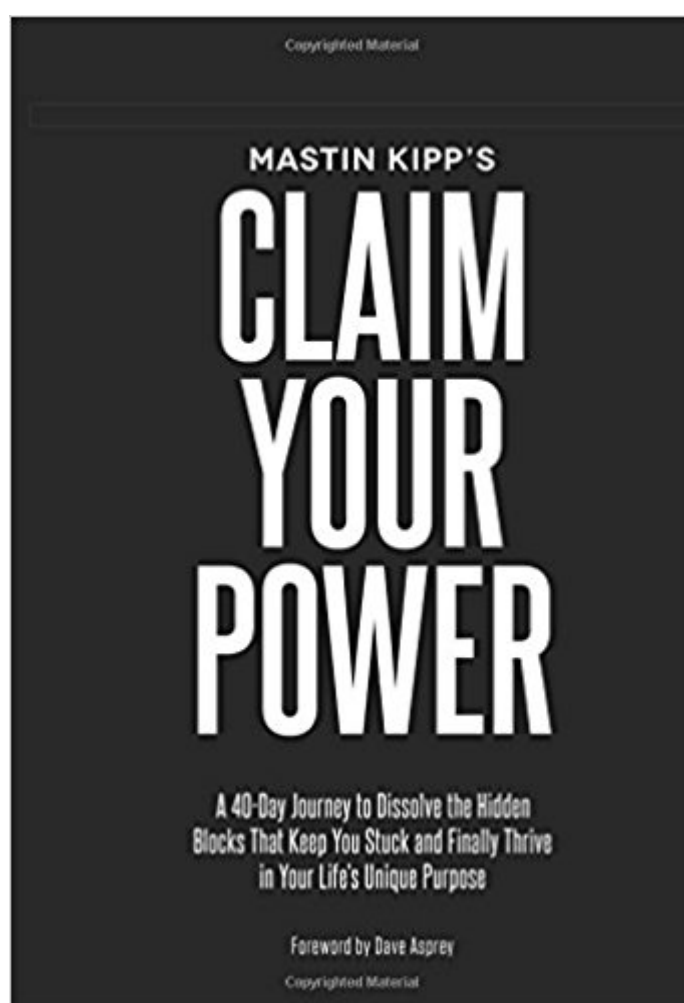


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# Claim Your Power: A 40-Day Journey To Dissolve The Hidden Blocks That Keep You Stuck And Finally Thrive In Your Life's Unique Purpose



## Synopsis

FOREWORD BY DAVE ASPREY Has your vision board turned into just wishful thinking? Do you believe in the power of intention and goal setting, but are losing self-respect because you aren't following through? Do you feel completely stuck in life? If things haven't been going the way you've planned, know this: Everything changes the moment you discover your life's unique Purpose. Success, love, abundance, health and well-being, and vibrant energy are all by-products of leading a Purpose-filled life. Maybe you don't know what your life's Purpose is, or you don't believe you have one, or you thought you knew what it was and you lost it. If that's the case . . . It's Time to Claim Your Power! Join best-selling author and Functional Life Coach Mastin Kipp as he guides you on a 40-day journey, inspired by Joseph Campbell's model of the hero's journey, to identify and dissolve whatever's holding you back, break free from trauma and victimhood, and transform your life. Not only will you change your life for the better, but in doing so, you'll improve the lives of the people you love. With Claim Your Power, you'll wake up energized by the momentum you've unleashed, an energy that will only increase with each new accomplishment and breakthrough. And you'll discover the peace and sense of self-respect that comes only to those who follow through and bring their Purpose to life. Are you ready? We've got no time to waste. Your life's unique Purpose is calling, and so are all those whose lives you're meant to touch. Remember to get out there, take action, and make it real!

## Book Information

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## Customer Reviews

â œIâ™ve watched Mastin transform from rock bottom to someone who turned his life around and is making a massive impact on the world.â •â "â Tony Robbins,â New York Timesâ best-selling author, entrepreneur, and philanthropistâ œDistraction, stress, burnout, and feeling unfulfilled are all symptoms of a deeper problem: not knowing your lifeâ™s purpose. Inâ Claim Your Power, Mastin Kipp offers an innovative and practical approach to connect with your purpose, which is the key to truly thriving.â •â "â Arianna Huffington,â founder ofâ The Huffington Postâ and Founder/CEO of Thrive Globalâ œMastin has given readers a high-energy healing guideâ™rich in inspiration, instruction, and superb information. Well done.â •â "â Caroline Myss,â New York Timesâ best-selling author ofâ Anatomy of the Spiritâ andâ Defy Gravityâ œIn an age of shallowness and distraction, Mastin offers an effective and powerful solution: a deep life dedicated to the thing that matters mostâ™your purpose.â •â " Cal Newport, Ph.D.,â author ofâ Deep Workâ œTrauma and addiction rob us of our ability to be free and to serve the higher calling, which is our lifeâ™s purpose. Withâ Claim Your Power, Mastin has truly laid the groundwork for a person to walk from the darkness of addiction into the light of freedom. If you read this book, buckle up. Your positive evolution is coming!â •â "â Tommy Rosen, founder of Recovery 2.0 and pioneer in the fields of yoga and recovery from addictionâ œSo often we look to diets, supplements, pills, external diversions, and even addictions to relieve our symptoms and suffering. But the pain we feel is that of the body holding past trauma, which none of those will heal. In this book, Mastin Kipp brings us to a possibility of healingâ™the inspiration we crave and the steps we need to wake up from the trance that is keeping us stuck in the belief that that we are our wounds. If youâ™re tired of living a less-than-satisfying life and are ready to live courageously, this is your next step.â •â "â Aviva Romm, M.D.,â Yale Integrative Medicine, author of the #1 best-selling book,â The Adrenal Thyroid Revolutionâ œMastin Kipp doesnâ™t just suggest the possibility that we could live a better life; his very presence seems to demand that we do so!â Claim Your Powerâ invites us to meet an infinitely creative universe with an infinite willingness to receive its gifts.â •â "â Marianne Williamson, six-timeâ New York Timesâ best-selling author andâ internationally acclaimed spiritual lecturerâ œFor a long time Iâ™ve been a big believer in Mastin Kipp, and if you readâ Claim Your Power, you will be too.â •â "â Mike Dooley,â New York Timesâ best-selling author ofâ From Deep Space with Loveâ œMastin wrote a timeless legacy harmonizing safety, inspiration, and direction, allowing me to slice through fear and ego. I was able to explore, understand, and release my multiple traumas of sexual abuse, physical abuse, and PTSD in order to claim my power. Forever grateful!â •â "â George Bryant, former United States Marine andâ New York Timesâ best-selling co-author ofâ The Paleo Kitchenâ œWithâ Claim Your Power, Mastin Kipp has done for personal

growth and healing what "The Virgin Diet" did for nutrition "created an innovative, researched, and time-tested system that creates lasting results, fast." JJ Virgin, four-time New York Times best-selling author of "The Virgin Diet" first met Mastin Kipp at 5 a.m. in the gym. He was tirelessly pounding away on the treadmill while writing a book and working on e-mails. I knew right away that this guy not only had an amazing work ethic, but was also extremely passionate about something. Later, I discovered his deep and unique wealth of knowledge on little-known tactics for removing the hidden obstacles that keep us stuck in life, and finding our life's true purpose. I find this guy completely fascinating, and I think you will too. Enjoy his work. It will change your life.

Ben Greenfield, Ironman triathlete and New York Times best-selling author of "Beyond Training" Liberation of spirit is the greatest gift anyone could give another. Mastin Kipp has developed a process to rid the root cause of human suffering that holds us back from living the best version of ourselves. It's brilliant.

Dr. Jeff Spencer, Olympian and creator of the Champion's Blueprint

**Who Is Mastin Kipp?** Mastin Kipp is a #1 best-selling author and the creator of Functional Life Coaching™ who specializes in a strategic, no-B.S. approach to accelerate his clients' lives and businesses. Mastin has been recognized by Oprah Winfrey on her Emmy-award winning show "SuperSoul Sunday" as a spiritual thinker for the next generation. Mastin appears alongside Tony Robbins, Eckhart Tolle, Deepak Chopra, Dr. Brené Brown, and many others as a part of Oprah's SuperSoul 100, a collection of awakened leaders who are using their voices and talent to elevate humanity. Website: mastinkipp.com

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