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robbins explains why the let them theory is already loved by millions and how you can apply it in eight key areas of your life to make the biggest impact within a few pages you ll realize how much energy and time you ve been wasting trying to control the wrong things at work in relationships and in pursuing your goals and how this is keeping you from the happiness and success you deserve written as an easy to understand guide robbins shares relatable stories from her own life highlights key takeaways relevant research and introduces you to world renowned experts in psychology neuroscience relationships happiness and ancient wisdom who champion the let them theory every step of the way learn how to stop wasting energy on things you can t control stop comparing yourself to other people break free from fear and self doubt release the grip of people s expectations build the best friendships of your life create the love you deserve pursue what truly matters to you with confidence build resilience against everyday stressors and distractions define your own path to success joy and fulfillment and so much more the let them theory will forever change the way you think about relationships control and personal power whether you want to advance your career motivate others to change take creative risks find deeper connections build better habits start a new chapter or simply create more happiness in your life and relationships this book gives you the mindset and tools to unlock your full potential order your copy of the let them theory now and discover how much power you truly have it all begins with two simple words

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