



The Code: Transform your mind from the inside out

Kitty Yeung Downer

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Have you been asking yourself, “What do I really want for my life?” but not found the answer? When your mind is full of clutter it is hard to see clearly, let alone find the deep answers you look for in life. THE CODE provides a profound yet simple 3-step framework to facilitate your journey of self-discovery, guiding you along the way to discover and connect with the answers you are looking for.

WHO you are has an impact on What you do. What you do doesn't define or confine WHO you are.

THE CODE enables you to:

- Understand what authenticity really means to you and how to be your authentic self
- Declutter your mind by examining your thoughts and beliefs, and sort what is truly important from what you think is important to you
- Differentiate your internal voice from the external noise by understanding what you truly want in life and how to take action to achieve it
- Change your mindset from a focus on limitation to a focus on possibility and opportunity
- Embrace your life and challenges even when you don't have all answers
- Develop a personal plan and a supporting environment to reinforce and sustain your continuous transformation

If you are unclear on your next step or what you want in your life, are experiencing burnout, feeling lost or looking for a deeper meaning, THE CODE will guide and inspire you to transform your mind and life from the inside out. The question is not really about “What do you want?” The real question is “How do you want to live and remember your life?”

About the Author:

Above all else Kitty Downer is a practitioner. The integrity of her approach that she demonstrates in The Code will inspire you to determine your own authenticity. Kitty Downer is a speaker, author and facilitator who has worked with executives with multi-million dollar budgets with teams of over a thousand people. Kitty helps senior executives to discover and connect with their authenticity. She does this through one to one personal programmes, group workshops and public seminars. Kitty writes thought-provoking articles and inspirational quotes, and presents short video clips to inspire others to be their authentic self. Currently, Kitty resides in Singapore with her husband and 2 young children. www.kittydowner.com

The Code: Transform your mind from the inside out Details

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From Reader Review The Code: Transform your mind from the inside out for online ebook

Boradicus says

What I liked about this book is that it has some unique and valuable insights, and some good exercises. I also like that the author has experience working with professionals and that she brings her pragmatic experiences to the table.

What I did not like so much was that some of the grammar and wording was a bit awkward at times, and that I thought that the format of the presentation could have been better organized.

Overall, I think this book provides some unique insights that I have not seen in any other self-help book, and for this reason I find it valuable to me.

Brooke says

This book has some valuable life lessons in it.
