



# You Can If You Think You Can: Rebound From Adversity And Follow Your Dreams

*Larry Johnson*

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## **You Can If You Think You Can: Rebound From Adversity And Follow Your Dreams** Larry Johnson

Our true worth comes not from what others may think or say about us, but from what we believe about ourselves. Hope, encouragement, motivation and practical strategies to overcome adversity, rebuild self-esteem and fulfill one's most cherished Dream goals is what this book is all about. "You Can If You think You Can", is a compact how-to book based on the author's more than twenty-seven years of conducting highly successful motivational workshops. Recognizing that success and happiness are more attainable when people learn how to rebound from failure and adversity and that our "dream goals" can be realized if we follow a step-by-step approach, the author developed a dynamic, interactive training seminar which he has been conducting for a diversity of audiences for more than seven years. This book is the outgrowth of those seminars. It will change your attitude and change your life.

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