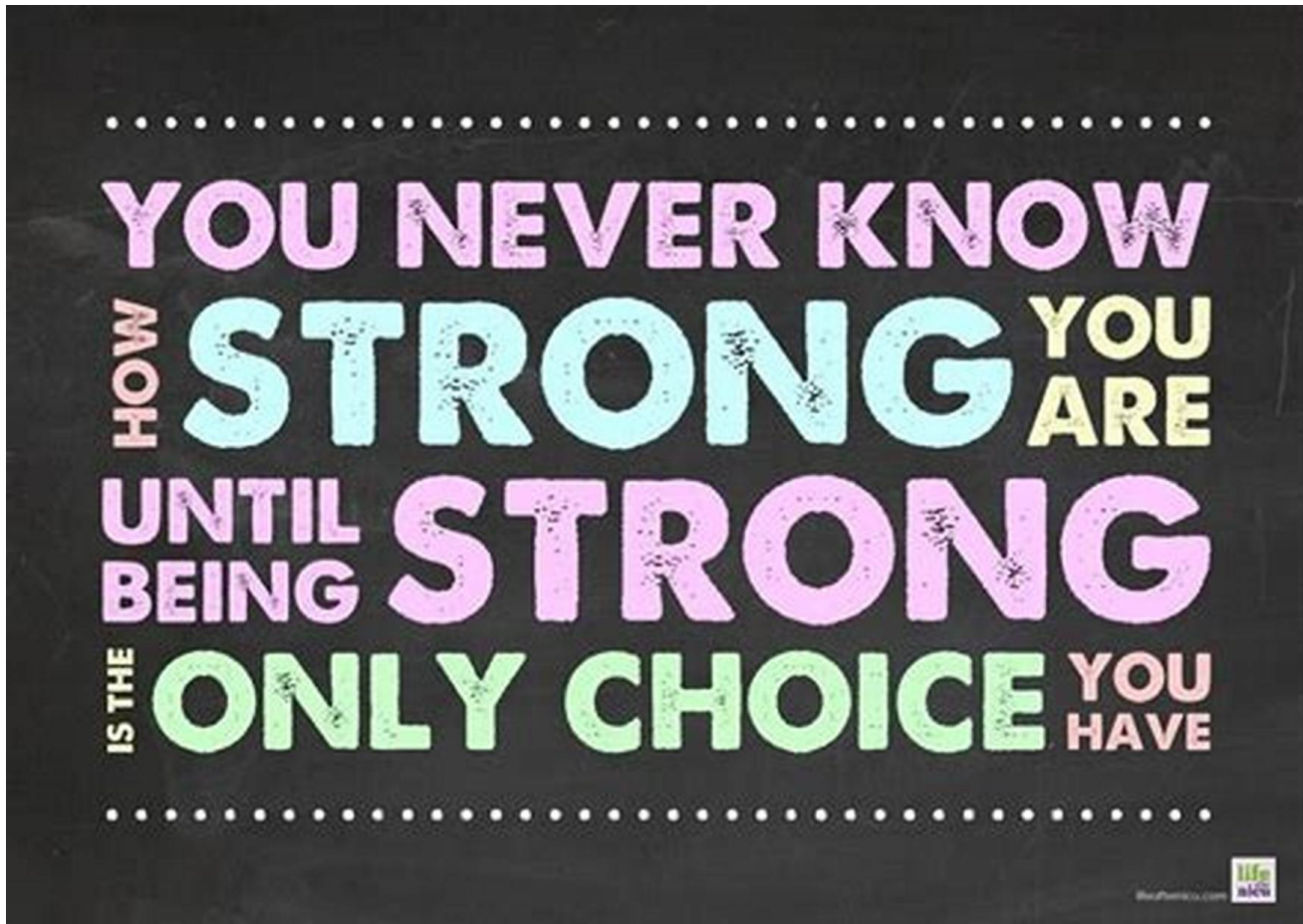


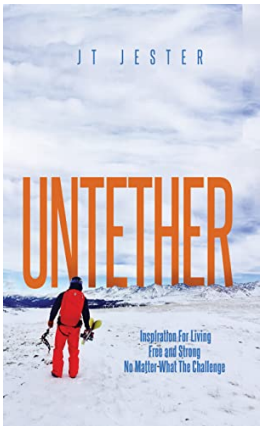
Inspiration For Living Free And Strong No Matter What The Challenge



Life often presents us with numerous challenges. Whether it's dealing with personal setbacks, coping with unexpected circumstances, or facing overwhelming hurdles, finding the inspiration to live free and stay strong can make all the difference in our journey. In this article, we will explore the transformative power of staying motivated, resilient, and focused amidst any challenge life may throw our way.

The Power of Positive Thinking

One of the most influential factors in living free and strong is harnessing the power of positive thinking. By training our minds to focus on the possibilities, solutions, and silver linings, we can overcome any obstacle. Maintaining a positive attitude enables us to see challenges as opportunities for growth and transformation.



Untether: Inspiration for Living Free and Strong No Matter What the Challenge

by Josh Lanyon (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English
File size : 20441 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 367 pages
Lending : Enabled



Using daily affirmations, visualizations, and gratitude practices can rewire our brains to seek out positivity in every situation. By shifting our perspective, we empower ourselves to face challenges head-on and discover our inner strength.

The Freedom of Letting Go

Living free and strong requires us to learn the art of letting go. Sometimes, challenges arise from circumstances beyond our control, and trying to hold onto them only causes suffering. Letting go doesn't mean giving up; it means

accepting what we cannot change and focusing our energy on what we can influence.

Forgiveness is a powerful tool for letting go. Holding grudges and harboring resentment only keeps us tied to the past, hindering our ability to move forward. By forgiving ourselves and others, we release the emotional burden and create space for new possibilities.

Resilience in the Face of Adversity

Resilience is the key to maintaining strength and freedom amidst challenges. Life's difficulties will undoubtedly test our resolve, but it is our ability to bounce back that defines our character. Resilience allows us to adapt, learn, and grow from each setback.

Building resilience requires self-care practices, such as maintaining a healthy lifestyle, seeking support from loved ones, and engaging in activities that bring joy and fulfillment. By investing in our own well-being, we fortify ourselves to face any challenge with resilience and strength.

Embracing Change and Growth

Living free and strong means embracing change and continually seeking personal growth. Challenges often push us out of our comfort zones and present us with opportunities for self-discovery and evolution. By embracing change, we open ourselves up to new experiences and possibilities.

Embracing growth also entails nurturing a growth mindset. Believing in our capacity to learn, adapt, and improve strengthens our resolve and propels us forward. Cultivating a thirst for knowledge and seizing opportunities for self-development enables us to navigate challenges with resilience and confidence.

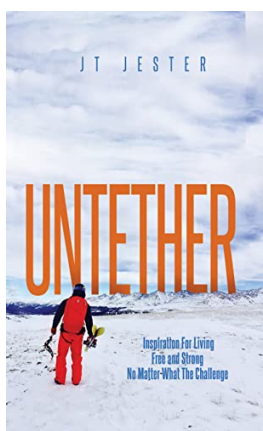
Finding Inspiration Within

Ultimately, the most profound inspiration for living free and strong comes from within ourselves. No matter how difficult the challenge, we possess an inherent strength and resilience that can guide us through even the darkest times. By tapping into our inner wisdom and connecting with our true selves, we can find the inspiration we need to overcome any hurdle.

Practicing self-reflection, mindfulness, and meditation can help us cultivate this inner connection. By quieting the noise of the external world and turning inward, we become aware of our own power and tap into an infinite wellspring of inspiration.

Living free and strong no matter what challenges arise is a lifelong journey that requires dedication and perseverance. By harnessing the power of positive thinking, embracing change and growth, and cultivating resilience, we can find the inspiration within ourselves to keep moving forward.

So, the next time life throws a challenge your way, remember that you have the strength and freedom to rise above it and emerge stronger than ever.



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#1 International Bestseller in TEN Categories on Amazon in the US and CA. Including College Student Life in and Physical Impairments in Canada. Including Special Education, Communicative Disorders in Special Ed., Learning Disabilities, Physical Impairments, Travel Biographies & Memoirs, Family & Inspirational Spirituality, Men's Inspirational Spirituality, and Miracles & Spirituality in the United States. UNTETHER is the story of JT Mestdagh, a young man born with a death sentence and who is now an entrepreneur and adventurer on a mission to empower people to UNTETHER from limiting beliefs and to soar to their highest dreams.

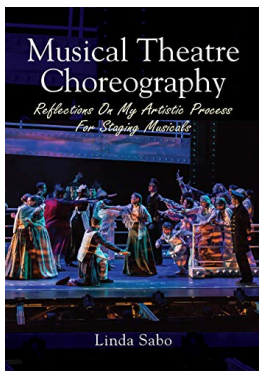
Proceeds of book sales go to the JT Mestdagh Foundation, which Mestdagh launched to support people facing challenges, whether it be disease, disability, disappointment, or dyslexia. An extreme skier, experienced mountaineer, and boater, Mestdagh divides his time between Michigan and Colorado.

Diagnosed with a life-threatening syndrome called VATER/VACTERL, Mestdagh endured 250 days in hospitals before age 3 and 16 major surgeries before age 16. As soon as doctors discovered one condition and treated it, a new and worse one would pop up. On top of that, Mestdagh has such severe dyslexia and short-term memory loss that his school told him in fourth grade that he would be illiterate for life.

Infused with drama and humor, UNTETHER will pull you through the relentless suffering into light-filled breakthroughs—because Mestdagh and his family stood strong in their faith and never, never, never gave up.

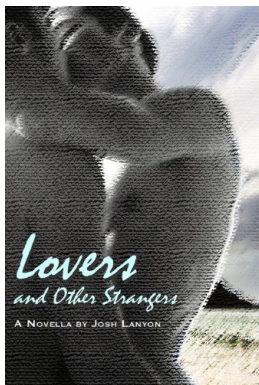
Along with years of medical treatments and nonstop home care, his parents relentlessly hunted for the right program to help Mestdagh learn to read. Nothing worked until in fifth grade a God-arranged encounter with a unique system called Tattum Reading changed Mestdagh's life forever.

UNTETHER tells a story of courage, determination, and overcoming. Young or not-so-young, you will come away with a renewed sense of hope and possibility. Learn that you are not a mistake; you are created for something amazing. After all, if an ailing toddler who practically lived in a hospital can now climb Mt. Kilimanjaro, if a boy who couldn't read or write can now publish his memoir, you too have no limits to what you can accomplish!



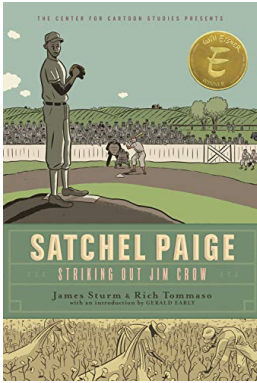
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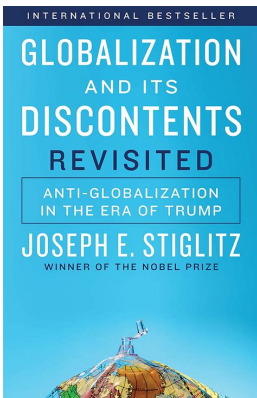
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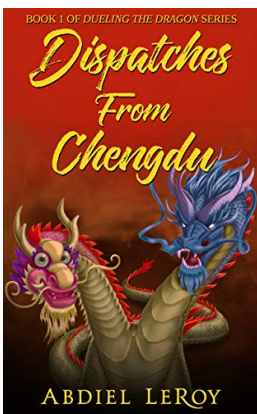
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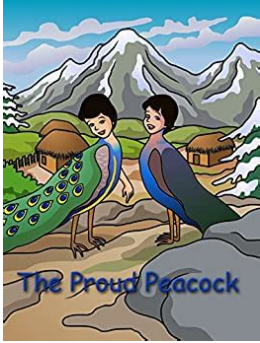
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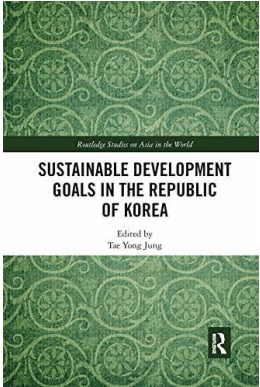
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