



Are you tired of feeling trapped in self-doubt, with limiting beliefs hindering your true potential? It's time to declare, 'Enough is enough!' and embark on a transformative journey. Many individuals find themselves stuck, overwhelmed by self-sabotage and procrastination, unable to pinpoint the root cause of their stagnation. The challenge intensifies without someone to guide them towards healing, clarity, and accountability. That's where I come in. I'm Shiela Little, Founder & CEO of Shaping Solutions. As a clinical therapist and Success Coach with two decades of experience, I've helped thousands like you. My expertise lies in identifying key factors that unlock success in life, relationships,

and careers. If you're reading this, you likely sense a greater purpose for your life but are unsure how to achieve it, often finding yourself on life's hamster wheel. 'STOP IT NOW: Break Free from Self-Doubt' is more than a typical self-help book. It offers practical, actionable strategies based on advanced psychology and proven personal development techniques. This book will guide you in tearing down the walls of self-doubt and building a mindset that empowers. Learn to unlock your potential and witness the world opening in unexpected ways. As your coach, friend, and guide, I'll lead you through these pages. You'll learn how to take control of your destiny and create the life you deserve. Join me on this transformative journey and break free from self-doubt. Ready to stop holding back and start living your best life? Dive into 'STOP IT NOW' and let your journey begin!

The STOP IT NOW Framework is a Registered Trademark.

BREAK FREE FROM SELF-DOUBT USING THE STOP IT NOW FRAMEWORK



STOP IT NOW



Break Free from Self-Doubt:
A Radical Approach to Transforming Your
Mindset, Overcoming Limiting Beliefs, and
Unlocking Your True Potential

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