

Chambers

## Momentum

Reboot Your Career, Unlock Your Potential

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Break free of the fast-paced, competitive work cycle. Redefine success and build your Momentum to pursue a satisfying and successful career. Leading psychologist and wellbeing expert Lee Chambers has found his success not by overworking within the competitive, fast-paced business world, but by taking an alternative path: one that prioritizes wellbeing and embraces uncertainty. This book shows you how to break free from the daily grind to pursue a career on your own terms. There are countless opportunities to break free from an unrewarding career. With psychological insights and fascinating interviews, this book guides you through the key stages: shaping your vision, redefining success and finding your purpose. Build your Momentum and discover a career that is fulfilling, versatile and successful.



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