



# Unstoppable Me!: 10 Ways to Soar Through Life

*Dr. Wayne W. Dyer, Kristina Tracy*

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## **Unstoppable Me!: 10 Ways to Soar Through Life** Dr. Wayne W. Dyer, Kristina Tracy

Following in the footsteps of **Dr. Wayne Dyer**'s first children's book, the bestseller *Incredible You!* this work goes even further toward expressing Wayne's positive message for children. In *Unstoppable Me!* Dr. Dyer teaches children how to hold on to the no-limit thinking he believes they were born with, rather than just trying to "fit in." In doing so, they can learn to truly enjoy life and become unstoppable as they strive to attain their dreams.

The 10 important lessons in this book include the value of taking risks, dealing with stress and anxiety, and learning to enjoy each moment. Each point includes an example showing how a child might apply the concept in his or her everyday life. Similar to *Incredible You!* there are questions at the end of the book to help spark discussion and to further reinforce Wayne's message.

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