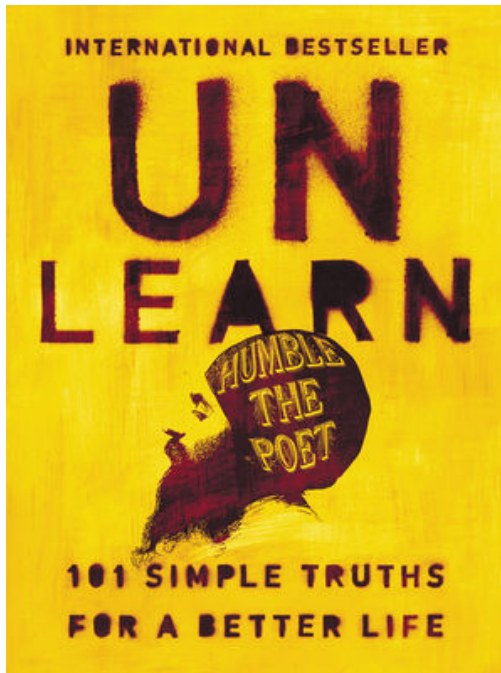


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The internationally bestselling self-empowerment book from influencer, rapper, and spoken word artist Humble the Poet, now available in a new edition with a new foreword by the author. Unlearn offers short, accessible, and counterintuitive lessons for reaching our full potential.

Beloved for his sincerity, playfulness, and sage advice, globally famous rapper, spoken word artist, poet, blogger, and influencer Humble the Poet has traditionally shared his message of self-discovery, creativity, and empowerment with his fans through music and written word. That message has now been extended to this empowering book, offering insights and wisdom that challenge conventional thinking and help you tap into your best, most authentic self.

Humble sees life with unique clarity. In Unlearn, he opens our eyes to our own lives, helping us to recognize the possibilities that await us and the challenges that prevent us from realizing our dreams. With his characteristic honesty and forthrightness, he helps us shed the problematic lessons we've learned throughout our lives that limit us, from sabotaging habits, to fixed mindsets, to past regrets, and relearn new, unconventional ways of moving through life. Among his 101 lessons are:
Fitting In Is a Pointless Activity
Don't Trust Everything You Feel
Killing Expectations Births Happiness
Comparisons are Killer
Baby Steps Add Up
You Decide Your Worth
Profound in its simplicity, Unlearn is the perfect invitation to a new beginning and to pursue a life of fulfillment.

título	:	Unlearn
Autor	:	Humble the Poet
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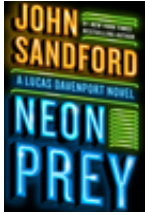
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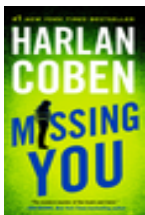
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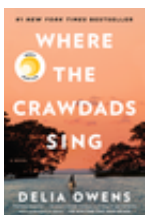
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