



# **Born Again: Transform Your Life**

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Here is the translation of the provided text into English:

# **I Was Born Again**

## **Part 1: Preparation for Change**

- **Chapter 1: Restoring Balance in Life**

- 1.1. Reading Body Signals
- 1.2. Cooperation with Emotions
- 1.3. Preparation for Relaxation
- 1.4. Introduction of Routines
- 1.5. Awareness of Goals
- 1.6. Starting the Process of Transformation
- 1.7. Preparation for Dehydration
- 1.8. Cooperation with Family
- 1.9. Preparation for Environmental Change
- 1.10. Starting the Process of Personal Development

- **Chapter 2: Answering the Question "Why?"**

- 2.1. Finding the Sources of Dissatisfaction
- 2.2. Recognizing Signals of Dissatisfaction
- 2.3. Considering the Reasons for Dissatisfaction
- 2.4. Cooperation with Emotions in the Process of Development
- 2.5. Finding Internal Motivations
- 2.6. Developing Internal Motivations
- 2.7. Recognizing Internal Obstacles
- 2.8. Resolving Internal Problems
- 2.9. Introduction of Internal Changes
- 2.10. Starting the Process of Transformation

## **Part 2: Internal Transformation**

- **Chapter 3: Introduction of Changes in Thinking**

- 3.1. Development of Positive Thinking Skills
- 3.2. Development of Critical Thinking Skills
- 3.3. Development of Creative Thinking Skills
- 3.4. Development of Logical Thinking Skills
- 3.5. Development of Strategic Thinking Skills
- 3.6. Development of Systemic Thinking Skills
- 3.7. Development of Holistic Thinking Skills
- 3.8. Development of Integrative Thinking Skills
- 3.9. Development of Cultural Thinking Skills
- 3.10. Development of Global Thinking Skills

## • Chapter 4: Introduction of Changes in Emotions

- 4.1. Development of Emotion Management Skills
- 4.2. Development of Emotion Regulation Skills
- 4.3. Development of Emotion Expression Skills
- 4.4. Development of Emotional Communication Skills
- 4.5. Development of Empathy Skills
- 4.6. Development of Compassion Skills
- 4.7. Development of Emotion Recognition Skills
- 4.8. Development of Conflict Resolution Skills
- 4.9. Development of Emotional Relationship Building Skills
- 4.10. Development of Emotional Development Skills

## Part 3: External Transformation

### • Chapter 5: Introduction of Changes in Behavior

- 5.1. Development of Time Management Skills
- 5.2. Development of Planning Skills
- 5.3. Development of Prioritization Skills
- 5.4. Development of Organization Skills
- 5.5. Development of Communication Skills
- 5.6. Development of Cooperation Skills
- 5.7. Development of Problem-Solving Skills
- 5.8. Development of Risk-Taking Skills
- 5.9. Development of Adaptation Skills
- 5.10. Development of Innovation Skills

### • Chapter 6: Introduction of Changes in Relationships

- 6.1. Development of Relationship Building Skills
- 6.2. Development of Relationship Maintenance Skills
- 6.3. Development of Conflict Resolution Skills
- 6.4. Development of Emotional Communication Skills
- 6.5. Development of Empathy Skills
- 6.6. Development of Compassion Skills
- 6.7. Development of Need Recognition Skills
- 6.8. Development of Need Fulfillment Skills
- 6.9. Development of Trust Building Skills
- 6.10. Development of Relationship Development Skills

## Part 4: Personal Development

### • Chapter 7: Introduction of Changes in Self-Esteem

- 7.1. Development of Self-Esteem Skills
- 7.2. Development of Self-Acceptance Skills
- 7.3. Development of Self-Activity Skills
- 7.4. Development of Personal Development Skills
- 7.5. Development of Self-Realization Skills

- 7.6. Development of Emotional Wellbeing Skills
- 7.7. Development of Satisfaction Skills
- 7.8. Development of Emotional Satisfaction Skills
- 7.9. Development of Social Satisfaction Skills
- 7.10. Development of Spiritual Satisfaction Skills

## • Chapter 8: Introduction of Changes in Personal Sphere

- 8.1. Development of Time Management Skills
- 8.2. Development of Planning Skills
- 8.3. Development of Prioritization Skills
- 8.4. Development of Organization Skills
- 8.5. Development of Communication Skills
- 8.6. Development of Cooperation Skills
- 8.7. Development of Problem-Solving Skills
- 8.8. Development of Risk-Taking Skills
- 8.9. Development of Adaptation Skills
- 8.10. Development of Innovation Skills

## Part 5: Lasting Transformation

### • Chapter 9: Introduction of Changes in Daily Life

- 9.1. Development of Time Management Skills
- 9.2. Development of Planning Skills
- 9.3. Development of Prioritization Skills
- 9.4. Development of Organization Skills
- 9.5. Development of Communication Skills
- 9.6. Development of Cooperation Skills
- 9.7. Development of Problem-Solving Skills
- 9.8. Development of Risk-Taking Skills
- 9.9. Development of Adaptation Skills
- 9.10. Development of Innovation Skills

### • Chapter 10: Introduction of Changes in Long-Term Life

- 10.1. Development of Long-Term Planning Skills
- 10.2. Development of Goal Prioritization Skills
- 10.3. Development of Life Organization Skills
- 10.4. Development of Communication Skills with Others
- 10.5. Development of Cooperation Skills with Others
- 10.6. Development of Problem-Solving Skills
- 10.7. Development of Risk-Taking Skills
- 10.8. Development of Adaptation Skills
- 10.9. Development of Innovation Skills
- 10.10. Development of Self-Realization Skills

The book can be purchased at

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