

Nnika Tinney launches her new Practical Guide to Self-Mastery self-help book titled:

"Is Your Thinkin Stinkin: Change Your Thoughts, Change Your Life"



Alexandria, Sep 11, 2020 (IssueWire.com) - Financial services specialist and founder of West Coast Solutions Inc., Nnika Tinney, has released a new self-help book titled: "Is Your Thinkin Stinkin: Change Your Thoughts Change Your Life."

There is no denying that self-improvement has become big business, with tens of millions of people around the world looking to make positive changes in their lives every year with the help of self-help products, materials, and services. The good thing about a self-help book is that if you misunderstand something, then it won't mock you.

Self-help isn't really self-help unless someone else is also helping you. Nnika Tinney would like to be that someone. The book, which is a [Practical Guide to Self-Mastery](#), is replete with raw truths and expositions, which will elicit a range of emotions among readers as they read through the pages and connect to real-life examples & situations.

The book is premised against the backdrop of Nnika Tinney's life growing up. Having beaten the odds as a child of; poverty, domestic violence, drug, and alcohol abuse by both parents, Nnika can understand people's feelings and is driven to make a difference in others.

Nnika Tinney has since moved from that child who had a rough beginning and has flourished to a highly successful persona. She comes to you with over twenty years of successful marketing/sales/customer service experience and excellent educational credentials and professional accomplishments.

Nnika's enterprise: [West Coast Media Solutions Inc.](#), believes that 'limits are only in the imagination.' The company creates solutions that change the way you build your business. According to Ms. Tinney: "We provide marketing consultations to help you layout a plan of action to move your business forward. We offer a variety of services for new businesses and entrepreneurs so that you get your business started on the right path." To purchase your copy of a [Practical Guide to Self-Mastery. "Is Your Thinkin Stinkin, Change Your Thoughts Change Your Life"](#) on Kindle, Paperback and soon available on Audible visit [Amazon](#).



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