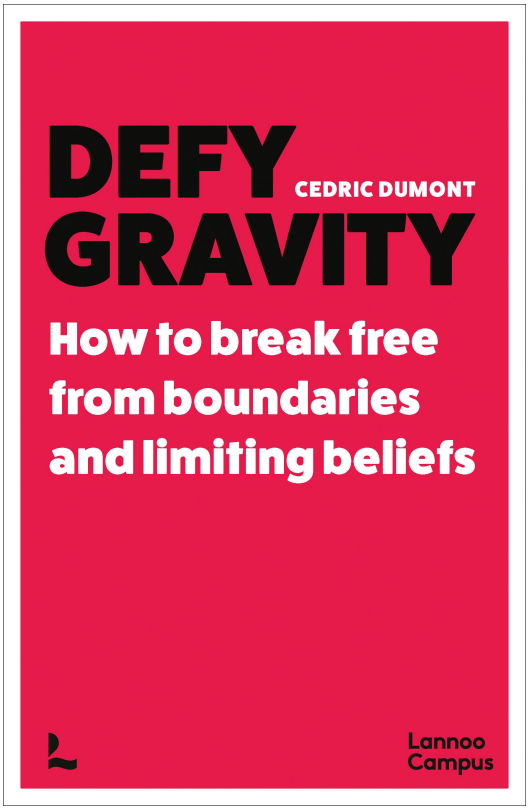
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Defy Gravity

How to break free from boundaries and limiting beliefs

Cedric Dumont

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- Stepping out of your comfort zone is essential to making your dreams come true
- Although it may feel intimidating, the rewards include real fulfillment and personal growth
- Staying too comfortable can lead to mental and physical health risks, such as anxiety and heart problems
- Western comfort is potentially harmful when it leads to complacency and stagnation
- Cedric Dumont offers inspiration and tools to overcome fear and take bold steps

If you want to make your dreams come true, you need to step out of your comfort zone That may sound daunting, but the reward is immense: you'll finally experience real fulfillment. In addition, you'll escape the physical and mental risks of an overly comfortable life, such as anxiety disorders and heart problems. Why is Western comfort actually so dangerous? And how can you challenge yourself without being paralysed by fear? Cedric Dumont offers powerful inspiration for anyone chasing their dreams. He shows you how to break free from rigid expectations and limiting beliefs. Dare to challenge yourself, and you'll discover that happiness is within reach. Push your limits-and joy is just around the corner.

Cedric Dumont is an adventurer, entrepreneur, and expert in extreme sports like base jumping. As a keynote speaker on leadership, focus and high performance under pressure, he helps professionals—from business leaders to elite athletes—to unlock their full potential and increase their impact. He combines his experience in extreme sports with insights into personal growth and peak performance. Cedric is the author of the book *Dare to Jump* (LannooCampus 2020).







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