

"Mindset Zone": New Book by Ana Melikian, Ph.D., Explores the Power of Mindsets in Actualizing Human Potential

Transformative New Book Empowers Readers to Harness the Power of Mindsets and Actualize Their Human Potential

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/EINPresswire.com/ -- In a world where personal growth and self-actualization are more important than ever, Dr. Ana Melikian's groundbreaking new book, "[Mindset Zone: Actualize Your Human Potential](#)," offers a powerful roadmap for individuals seeking to unlock their full potential and navigate life's challenges with resilience and creativity.

Drawing on 20+ years of work in human potential, her Ph.D. in Psychology, and her personal experience as a two-time cancer survivor, Dr. Melikian explores the profound impact of mindsets on our lives, work, and the world around us. "Mindset Zone" guides readers through the complexities of beliefs, information-processing styles, and worldviews, providing actionable strategies for embracing experimentation, overcoming limitations, and stepping boldly into the Mindset Zone.

"This book is not just about understanding ourselves better," says Dr. Melikian. "It's a call to action to harness the power of our mindsets and actualize our potential in every aspect of our lives."

As the host of the top-ranked MINDSET ZONE podcast and a recognized thought leader on the LeadersHum PowerList 2023, Dr. Melikian brings a wealth of experience and insights to her work. Her unique perspective, integrating research data with practical applications, makes "Mindset Zone" an invaluable resource for personal growth and professional advancement.

In addition to her work in unlocking human potential, Dr. Melikian is at the forefront of exploring [Humane AI](#), aiming to ensure that technological advancements enhance, rather than diminish,



our humanity and collective well-being.

"Mindset Zone: Actualize Your Human Potential" is now available on AMAZON.com. For more information about the book and Dr. Ana Melikian, please visit <https://anamelikian.com>.

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About [Ana Melikian, Ph.D.](#):

Ana Melikian, Ph.D., is an international speaker, author, and host of the MINDSET ZONE podcast, which ranks among the top 1% of podcasts

worldwide. A Board Certified Coach and active member of the Association of Corporate Executive Coaches, Dr. Melikian earned her Ph.D. in Psychology from the University of Sunderland, UK. Her work integrates research data with practical applications, focusing on unlocking human potential and exploring Humane AI.

Ana Melikian, Ph.D.

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Ana Melikian

AMAZE Coaching LLC

+1 480-648-0656

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#1



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by Ana Melikian
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#2



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