

(Full Text) Your Pocket Life Coach by Harper Collins UK

Your Pocket Life Coach

By: Harper Collins UK

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Do you want to feel more passionate about life? Make more of your time? Boost your confidence? Renew your energy? Build better relationships? Get a grip on your finances? Expert life coach Carole Gaskell provides you with a powerful framework, valuable tools, and doable assignments to enable you to create the life you want. Simply take one small section each day and apply it to your life. You'll be delighted to see real results as you gradually build up a clear picture of your goals, your priorities, your opportunities, and your way forward. You'll gain greater perspective, focus, and clarity and be encouraged to stretch out of your comfort zones and take action to Clarify the three most important things you'd like to achieve in the months ahead Establish what's holding you back and discover keys to strengthen yourself Develop an action plan to set you on your way to achieving the real results you want. With Your Pocket Life Coach as your guide, you can transform your life in just 10 minutes a day.

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Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -