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Balance: An Interactive Workbook for Self-Coaching (Paperback)

By Suzie Doscher

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you are new to Personal Development or not, this book will kick start your Growth. You know WHO you are, now take a closer look at HOW you are. Find out more clearly what is working, what is not working? There are plenty of assessment and profiling tools offering you insight relating to WHO you are. Now explore HOW you are with this self-coaching workbook. The book guides you to take a closer look at your: 1.Future - your goals, dreams and aspirations 2.Present - the reality check section 3.Past - Have a look at it, take the good from it and leave the rest where it belongs - in the past. Step by step, you will: Your Outcome Working with this Book You will: Raise your awareness - change your perspective Gain clarity Have a better sense of direction for your life and goals Know which actions to take to move forward Be a lot wiser If you are not sure what to write, just start writing. You will be amazed what might...



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