



Change Your Life in 7 Hours: Coach Yourself to Success

By Martin Formato

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. *** FREE BONUS INSIDE *** Discover How To Coach Yourself To Success. You are about to learn how to change your life in 7 hours by learning advanced coaching techniques that you can use on yourself to overcome any challenge. You can even use these techniques to help your family and friends. Many people hate their lives. Most people realize the problem, but have been unable to find the solution. The truth is, if you are suffering it is because you do not know what to do. This book will help you change your life for the better so you can be happy again. Here Is A Preview Of What You Will Learn. What is Success? Thankful List Morning Success Ritual Evening Success Ritual 7 Steps to Happiness Pain and Pleasure Dealing with Change Stress Reduction Changing My Negative Self-Talk or Self-Limiting Beliefs Cognitive Behavioural Approach Neuro-linguistic programming (NLP) Solution Focused Approach Narrative Approach Which Coaching Approach To Use Improving Your Relationships Dealing with a Problem And much, much more! Today only, get this amazing...



READ ONLINE
[9.59 MB]

Reviews

This publication is definitely not effortless to get going on reading but very fun to learn. It really is written in simple terms rather than difficult to understand. It's been printed in an extremely simple way and it is merely right after I finished reading through this pdf by which basically changed me, altered the way in my opinion.

-- **Scotty Paucek**

This pdf is really gripping and intriguing. It typically is not going to charge excessive. It's been printed in an exceptionally easy way and it is simply right after I finished reading this ebook where basically altered me, modified the way I believe.

-- **Dr. Damian Kuhn V**