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Charting Your Course to New Horizons Explore and Discover Your Authentic Self

By Colleen Sullivan

BalboaPressAU. Paperback. Condition: New. 244 pages. Dimensions: 10.9in. x 8.2in. x 0.7in. The result of more than twenty-five years of clinical, organisational, and teaching experience in the field of applied psychology, Colleen Sullivan's *Charting Your Course to New Horizons* presents an exceptional tool for the development of human potential. *Charting Your Course to New Horizons* collects critical life skills into a coherent, comprehensive, and easy-to-apply programme, allowing you to integrate theory into practice. Once you master how to positively manage stress, you can attain, achieve, and maintain a healthy and balanced lifestyle while accomplishing personal life goals. By using the tools within, you can learn how to apply new skills constructively to improve every dimension of your life: Explore a greater sense of self Get-and stay-motivated Improve your communication Strengthen your conflict-resolution skills Boost your health Improve your nutrition Gain control over your financial future Make better use of your time Enhance your sensuality Explore your creativity Reflect on your spiritual perspective This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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