



Be Your Own Life Coach: Teach Yourself

By Jeff Archer

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Be Your Own Life Coach: Teach Yourself, Jeff Archer, Is this the right book for me? This is an ideal book for all those who've been wanting to reap the many benefits of personal lifecoaching, but who lack the resources or time to fund a one-to-one relationship. It takes the principles of life coaching and, in a practical yet inspiring manner, shows you how you might apply these to every area of your own life. Covering everything from career development to personal relationships, appearance and money management, it offers a program of change and progress for each area, while encouraging you to examine your own beliefs, confidence and motivation to ensure that change is for the better and for the long-term. Balancing interactive and practical resources such as diaries and checklists with such helpful material as review programs, reward structures and case studies in success, and authored by a qualified life-coach, it offers you all the great benefits of coaching at a fraction of the price for an individual coach. Be Your Own Life Coach includes: Part One Chapter 1: A brighter future - getting started Chapter 2: How...



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