



Take Time for Your Life: A 7-Step Program for Creating the Life You Want (Paperback)

By Cheryl Richardson

Random House USA Inc, United States, 2000. Paperback.

Condition: New. Reprint. Language: English . Brand New Book.

America's #1 personal coach offers an inspiring, practical, seven-step program to help you create the life you want. Step 1: If you think selfish is a dirty word, learn to practice extreme self-care--put yourself at the top of the list and everyone else will benefit! Step 2: If your schedule doesn't reflect your priorities, stop reacting to life and take control of what gets your time and attention. Step 3: Identify the things that drain you and eliminate them--people, places, and things--once and for all. Step 4: If you feel trapped by money, investing in your financial health will stop making you feel like a victim. Step 5: Kick the adrenaline habit! Identify the things that fuel you and discover healthy, new sources of energy. Step 6: If you feel lonely or isolated, learn how to surround yourself with high-quality relationships that support, challenge, and encourage you to be your best. Step 7: Don't let life get in the way of your spiritual well-being--connect to your inner wisdom and create a personal practice. Packed with useful exercises, checklists, personal stories,...



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