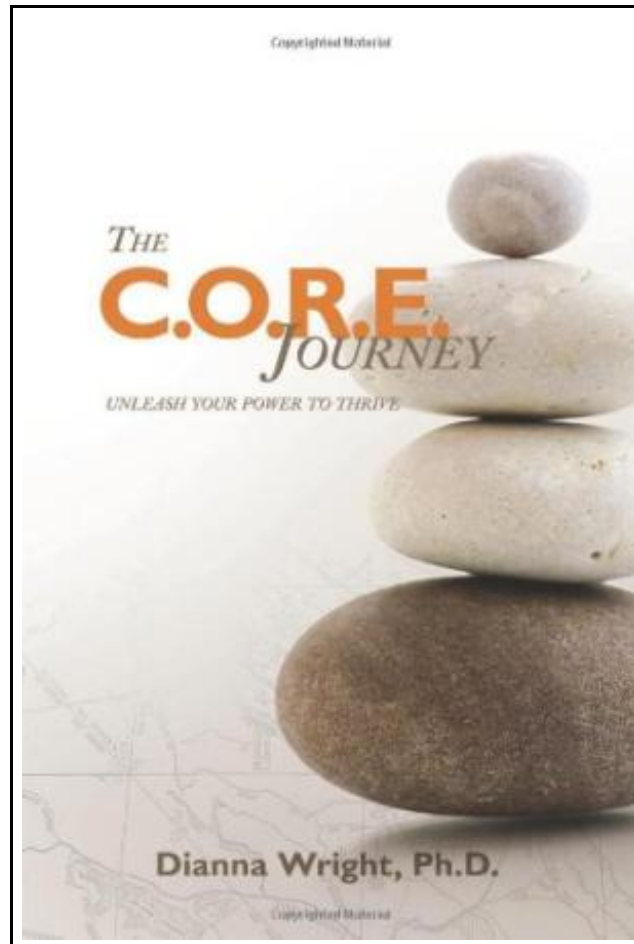


The C.O.R.E. Journey: Unleash Your Power to Thrive (Paperback)



Filesize: 6.44 MB

Reviews

This book is fantastic. It normally fails to price excessive. Your daily life span will likely be enhance once you total reading this publication.

(Heath Prosacco)

THE C.O.R.E. JOURNEY: UNLEASH YOUR POWER TO THRIVE (PAPERBACK)



Outskirts Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Our values, purpose and choices write the story of the path we take through life. Whether we reach our personal summit depends on our capacity for mindful awareness of our values and the courage to adhere to them when tested. The CORE Journey offers simple practices and techniques to gain clarity around your true values and purpose, and gives you the tools to unlock your innate capacity to become your ideal self and create the life you desire. The CORE Journey is designed to help you: articulate your purpose, values, and vision; strengthen and solidify your internal power; employ optimal decision-making and problem-solving; engage value-based actions; develop mindful, empathic communication; enrich your relationships and; consistently reach your goals. The journey that this book invites you to embark on is for anyone that is deeply committed to sustainable personal and professional growth - from executives and managers, to sales people and professionals in a variety of fields, from athletes and business people, to teachers and administrators. It s for those individuals who sincerely want to enhance their happiness and fulfillment in life. The CORE Journey is a value-based model for developing, strengthening, and empowering oneself. It offers a way to engage your internal power and unleash your power to thrive. It is a systematic, mindful approach comprised of time-tested strategies from performance psychology, motivational theory, and organizational development integrated with contemporary findings on mindfulness-based emotional intelligence, meta-cognitive processes, leadership and neuroscience. The book provides the necessary theory, empirical background, and experiential practices in a structured, step-by-step process to generate genuine self-awareness, optimal decision-making and value-based action. The CORE Journey offers the tools and practices for individual evolution and...



[Read The C.O.R.E. Journey: Unleash Your Power to Thrive \(Paperback\) Online](#)



[Download PDF The C.O.R.E. Journey: Unleash Your Power to Thrive \(Paperback\)](#)

Related PDFs



From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Save PDF »](#)



Polly Oliver s Problem: A Story for Girls (Paperback)

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

[Save PDF »](#)



Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

[Save PDF »](#)



The Village Watch-Tower (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Save PDF »](#)



Tales of Wonder Every Child Should Know (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Save PDF »](#)

**Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for

[Save eBook »](#)

**Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 (Paperback)**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A very warm welcome to Jack Drummond s Christmas Present, the sixth book

[Save eBook »](#)

**Dracula Investigates the Mummy s Purse (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. Andy Bruce (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Count Dracula the greatest detective in Transylvania must face his

[Save eBook »](#)

**American Legends: The Life of Josephine Baker (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes Josephine Baker s quotes about her life and career *Includes

[Save eBook »](#)

**Eat Your Green Beans, Now! (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the original version with black-and-white illustrations. JoJo is an active and

[Save eBook »](#)