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Making the Big Leap: 7 Steps to Living a Brave, Inspired and Great Life (Revised edition)

By Suzy Greaves

IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Making the Big Leap: 7 Steps to Living a Brave, Inspired and Great Life (Revised edition), Suzy Greaves, Does the sound of your morning alarm fill you with dread? Do you go through life avoiding mirrors at all costs? Do you struggle to remember the last time you really felt happy? If any of the answers are a resounding 'yes', it's time for you to make that 'Big Leap'. In this accessible, seven-step guide to help you change your life, acclaimed life coach Suzy Greaves offers practical help, through exercises and case studies, to enable and empower readers to make the Big Leap from despondency to fulfilment. This newly updated and completely revised edition of Making the Big Leap takes readers beyond just career-changing advice to a series of steps that can be applied to any aspect of their lives. Suzy also shares new insights and knowledge from recent personal changes and developments in her life. "Making the Big Leap" (1st edition) was voted one of the Top 10 life-changing books by the "Independent on Sunday".



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