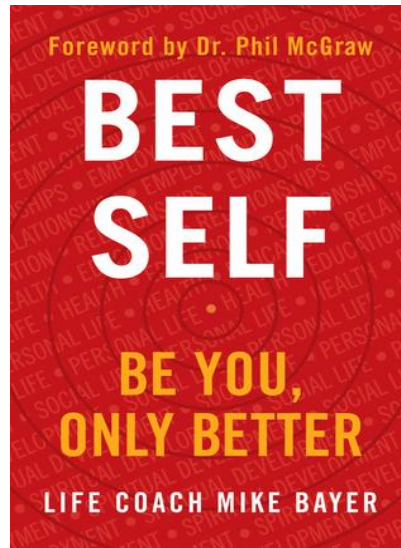


# [PDF] Best Self: Be You, Only Better by Mike Bayer



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## Books Details :

- Author : Mike Bayer
- Pages : 352 pages
- Publisher : Dey Street Books
- Language : eng
- ISBN-10 : 0062911732
- ISBN-13 : 9780062911735

Formats: PDF, EPub, Kindle, Audiobook

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## **Books Descripton :**

The first book from Coach Mike, well-known life coach, personal development coach, addiction specialist, and soon-to-be Dr. Phil Show regular; an inspiring, invigorating program to help you examine where your life is now. Determine once and for all who you want to be and where you want to go, and live authentically and happily forever. "There is a pervasive belief in society that people can't change, not really. That is absolutely 100% untrue. If people couldn't change, I'd still be penniless and addicted to drugs. If people couldn't change, everyone would basically be doomed. I've seen people overcome all odds. People change. They did. You can." Life coach Mike Bayer, a gentle giant with an easy but focused manner, has helped all kinds of clients, from pop artists to athletes to top level business executives to families in refugee camps, to ordinary people like you and me. With care, subtlety, and a series of important, but tough questions, he inspires and directs people to transform their lives by empowering them to break free of destructive patterns. As a mental health specialist, a personal development coach, and an all-around crisis agent, Coach Mike has seen the damage we can do to ourselves. He understands our struggles intimately, because he's faced—and overcome—his own. Now, as a member of Dr. Phil McGraw's core team and a show regular, Coach Mike will be bringing his knowledge and experience to millions across America. As a teaching tool for the 2019 season, this book will empower Dr. Phil's guests, and in turn viewers, to confront their fears, acknowledge what is holding them back, and break through to live a passionate and authentic life to the fullest. Coach Mike has quietly become one of the biggest names in mental health in the country—a behind-the-scenes superstar quietly making our lives and world better. His unparalleled passion for helping people, and a desire to make mental health care as mainstream as going to the gym is what brought him to the attention of Dr. Phil. With this book, Coach Mike's simple yet powerful tools are ready for the mainstream, so that everyone can live the authentic life they truly desire and deserve. His brand of coaching teaches you manage your life from the inside out. His belief is once given the tools you can definitely learn to "Star In Your Own Life." This book is a "how to" action oriented guide to becoming your own Life Coach!

## **As Mike Bayer shows in this**

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