



## The 10-minute Life Coach

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By Fiona Harrold

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The 10-minute Life Coach, Fiona Harrold, Fiona Harrold's BE YOUR OWN LIFE COACH had great success with its powerfully inspiring message to take control of our lives and achieve our wildest dreams. Now, she shows us how in just 10 minutes each day we can accelerate towards attaining our goals. Follow her winning strategies and: - Believe in yourself 100% - Propel yourself into taking action - Turn into a natural optimist - Live a bigger, more interesting life Fiona's is the winning formula to open the door to life's vast opportunities. Believe in yourself and others will too.



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