



## The Pocket Life Coach: Coach Yourself to Health and Happiness

By Pete Chapman

Crown House Publishing. Paperback. Book Condition: new. BRAND NEW, The Pocket Life Coach: Coach Yourself to Health and Happiness, Pete Chapman, How's life? Need a little coaching? None of us have all the answers all of the time, especially when it comes to our own life. We all need a little objective guidance from time to time when we want to improve or change something about ourselves and our lives. It is not always easy to find someone who has the ability to help us change for the better and one thing is for sure, no-one is going to do it for us. This workbook is your tool, your very own pocket life coach to help you rediscover the healthiest, most productive, positive and creative you. This book is about how to bring your true desires, talents, powers and purpose out of your head and into your life and stop the cycle of creating problems, drama, difficulty and illness. It is about understanding what potential you have and how to develop it, recognizing and overcoming limitations, fears and recurring obstacles; freeing yourself up to be the best you can. We all have a better self inside. We all have a...



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