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Free Life Coaching.: With the Phoenix Self-Help Life Plan

By Ambrose A Hardy

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Enlisting the services of a professional Life Coach is a powerful and practical aid to changing your lifestyle to how you want it to be. However, finding a suitable life coach can sometimes be problematic and often quite expensive. The book Free Life Coaching. attempts to overcome these difficulties by providing a simple but effective blueprint to readers for setting up a personal plan for DIY life coaching which is aimed at improving the quality of one's lifestyle. It provides a step by step format which is easily followed and which allows the reader to select their own priority goals and time frame for completion. There are no fees to be paid and the book's program can be used successfully again and again by any adult wishing to bring about important life changes. The program set out in Free Life Coaching. is based upon the author's Phoenix Self-Help Life Plan and is linked to a dedicated web site with free resources. Ambrose Hardy's first book - also available on Amazon - is How To...



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