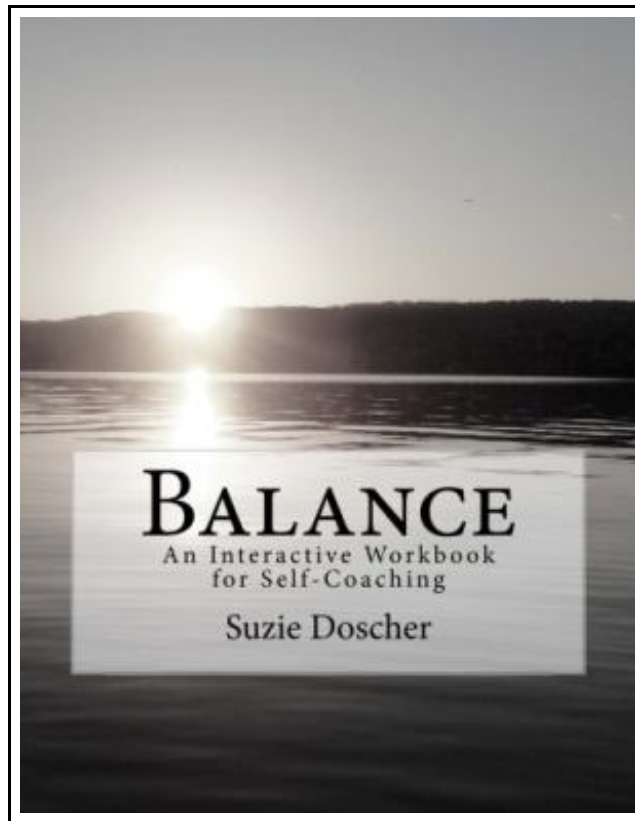


Balance: An Interactive Workbook for Self-Coaching (Paperback)



Filesize: 1.48 MB

Reviews

This publication is fantastic. It really is full of knowledge and wisdom You are going to like just how the author write this publication.

(Harmon Watsica II)

BALANCE: AN INTERACTIVE WORKBOOK FOR SELF-COACHING (PAPERBACK)



To read **Balance: An Interactive Workbook for Self-Coaching (Paperback)** eBook, make sure you click the web link beneath and save the document or have accessibility to additional information that are related to **BALANCE: AN INTERACTIVE WORKBOOK FOR SELF-COACHING (PAPERBACK)** ebook.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you are new to Personal Development or not, this book will kick start your Growth. You know WHO you are, now take a closer look at HOW you are. Find out more clearly what is working, what is not working? There are plenty of assessment and profiling tools offering you insight relating to WHO you are. Now explore HOW you are with this self-coaching workbook. The book guides you to take a closer look at your: 1.Future - your goals, dreams and aspirations 2.Present - the reality check section 3.Past - Have a look at it, take the good from it and leave the rest where it belongs - in the past. Step by step, you will: Your Outcome Working with this Book You will: Raise your awareness - change your perspective Gain clarity Have a better sense of direction for your life and goals Know which actions to take to move forward Be a lot wiser If you are not sure what to write, just start writing. You will be amazed what might come to the surface. If writing your answers alone does not appeal to you, feel free to use pictures, drawings, mind-mapping or whatever suits your style and personality. Allow yourself to be as free and creative as you like. The workbook will guide you on to the path of personal growth and development in your own time, in privacy. Note for KINDLE readers: I suggest you have pen and paper, or even better, a notebook or journal, ready as you will be writing down and thereby recording your thoughts.



Read Balance: An Interactive Workbook for Self-Coaching (Paperback) Online
Download PDF Balance: An Interactive Workbook for Self-Coaching (Paperback)

See Also



[PDF] Dark Hollow (Paperback)

Click the hyperlink beneath to read "Dark Hollow (Paperback)" PDF document.

[Download eBook »](#)



[PDF] The Novel of the Black Seal (Paperback)

Click the hyperlink beneath to read "The Novel of the Black Seal (Paperback)" PDF document.

[Download eBook »](#)



[PDF] Alice in Wonderland (Paperback)

Click the hyperlink beneath to read "Alice in Wonderland (Paperback)" PDF document.

[Download eBook »](#)



[PDF] Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Click the hyperlink beneath to read "Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)" PDF document.

[Download eBook »](#)



[PDF] Ne ma Goes to Daycare (Paperback)

Click the hyperlink beneath to read "Ne ma Goes to Daycare (Paperback)" PDF document.

[Download eBook »](#)



[PDF] Fifty Years Hence, or What May Be in 1943 (Paperback)

Click the hyperlink beneath to read "Fifty Years Hence, or What May Be in 1943 (Paperback)" PDF document.

[Download eBook »](#)