



Take Time for Your Life: A Personal Coach's 7-Step Program for Creating the Life You Want

Cheryl Richardson

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America's #1 personal coach offers an inspiring, practical, seven-step program to help you create the life you want.

Step 1: If you think "selfish" is a dirty word, learn to practice extreme self-care--put yourself at the top of the list and everyone else will benefit!

Step 2: If your schedule doesn't reflect your priorities, stop reacting to life and take control of what gets your time and attention.

Step 3: Identify the things that drain you and eliminate them--people, places, and things--once and for all.

Step 4: If you feel trapped by money, investing in your financial health will stop making you feel like a victim.

Step 5: Kick the adrenaline habit! Identify the things that fuel you and discover healthy, new sources of energy.

Step 6: If you feel lonely or isolated, learn how to surround yourself with high-quality relationships that support, challenge, and encourage you to be your best.

Step 7: Don't let life get in the way of your spiritual well-being--connect to your inner wisdom and create a personal practice.

Packed with useful exercises, checklists, personal stories, and a wealth of resources, Cheryl Richardson's program will show you how to step back, regain control, and make conscious decisions about the future you'd like to create. Take time for your life--and begin living a life that you love.

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Typically the book *Take Time for Your Life: A Personal Coach's 7-Step Program for Creating the Life You Want* will bring you to the new experience of reading a book. The author style to clarify the idea is very unique. In case you try to find new book to read, this book very ideal to you. The book *Take Time for Your Life: A Personal Coach's 7-Step Program for Creating the Life You Want* is much recommended to you to read. You can also get the e-book in the official web site, so you can more readily to read the book.

Jennifer McNab:

Spent a free time to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the book untitled *Take Time for Your Life: A Personal Coach's 7-Step Program for Creating the Life You Want* can be very good book to read. May be it is usually best activity to you.

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