

Life Coaching, You Only Live Once Ebook

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Are you frustrated that your achievements in life so far have not lived up to your expectations? Do You Want Your Next 12 Months to be Better Than the Last 12? Its time to discover how to be the person you truly want to be. If you really want next year to be better than last year - whether you are satisfied with the last few months or not - its worth investing a little time to follow this carefully-prepared program. Years of experience has been put into designing the focused action workbook. Now you can use it to change your life right away. You Only Live Once is a 7 step program which includes a number of exercises to guide you through working out exactly what you want from your life - and then taking the steps you need in order to get that.

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