



**Who Needs a Life Coach? - 6 Simple Exercises to
Take Control of Your Life, Increase Happiness,
Improve Relationships, and Reach Your Goals...
NOW! (Life ... Personal Development, Life
Changing)**

Keri Moss

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Discover 6 Simple and Effective Techniques to Take Control of Your Life, Increase Happiness, Improve Relationships and Reach Your Goals... NOW!

Today only, get this Kindle book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

You're about to discover 6 simple exercises to help you increase happiness, improve relationships and take control of your life... NOW! As a special bonus, I've included an extra chapter on time management called "Why time is more valuable than money".

Many people focus on external metrics to define success: having this or that, making x amount of dollars, working in a certain profession or having a particular status, the list goes on. There is nothing wrong with that, and these exercises will help you set and reach your goals, whatever they may be. However, I've found through my personal experience that the things we think will bring us fulfilment don't always do so. Many times we sacrifice our health, relationships, sometimes even our values in order to obtain money or objects, only to find that the things we buy don't bring us the satisfaction we expect them to. And that's when the real trouble begins...

This book focuses on your personal definition of success and the things that are important to you. It is designed to increase overall life satisfaction, happiness, self-confidence, health, quality of relationships, joy and fulfilment.

Here Is A Preview Of What You'll Learn...

- The Life Changing Question You Need To Ask Yourself Now
- Your Roadmap to Riches
- Get Everything You Ever Wanted
- Make It Happen
- Who You Really Are
- Why You Have the Ultimate Power Over Your Life
- BONUS: Why Time is More Valuable Than Money!
- Much, much more!

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Simple Advice = Powerful Advice

By tonyk on August 22, 2015

Verified Purchase

It's a simple, well written book. The language is easy to understand. The content is of course basic for somebody who has read a few self-improvement books in their time, but I think the author intended it as such. BUT, powerful advice is often simple. And it was a good reminder for me on a few areas... It's amazing how the simple things in life can bring people happiness. Read it, follow through, and use this workbook as a guide.

Tags: Life Coach, Life Coaching, Self Help, Self Improvement, Self Esteem, Self Confidence, Personal Development, Stress Management, Time Management, Increase Happiness, Improve Relationships, Stress, Anxiety, Depression, Fear, Spirituality

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