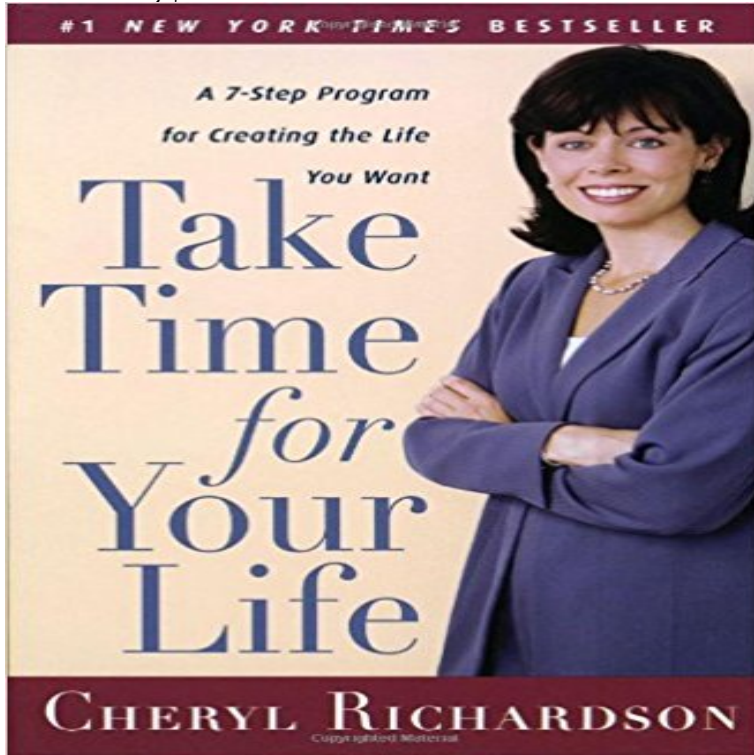


Take Time for Your Life: A Personal Coachs 7-Step Program for Creating the Life You Want



Americas #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 doesnt 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: Dont 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 Richardsons program will show you how to step back, regain control, and make conscious decisions about the future youd like to create. Take time for your life--and begin living a life that you love.

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