

<<(90天重塑全新自我)Now What?>>

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内容概要

Based on the assumption that many people are utterly dissatisfied in their lives, this straightforward volume attempts to help readers find what it is that they truly want and make a plan for getting it. Fortgang (Living Your Best Life) has designed a 90-day plan—with seven weeks (or 49 days) dedicated to discovering what it is they want, while the rest of the days are devoted to making it happen. She opens with a few anecdotes of clients for whom her strategy has worked; then she presents a sequence of chapters outlining week-by-week goals. In week one, for example, the focus is determining what the reader hates about her current situation, because "what you hate gives a name to what you want." In week eight, Fortgang addresses the idea that "fear, doubts, and lack of training are molehills compared to the stopping power of the mountain we call money"; she then offers viable solutions for removing lack of funds as an obstacle, and in week 12, there ' s a guide to continuing where the book leaves off. Each chapter contains more anecdotes and specific exercises, which help make the goals practical and tangible and the idea of change seem possible. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

作者简介

Laura Berman Fortgang , is a pioneer in the life-coaching profession. A renowned speaker and the president and owner of InterCoach, Inc., a full-service life

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