

LIFE COACHING: CHANGE YOUR LIFE IN 7 DAYS BY EILEEN MULLIGAN



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Life Coaching: Change Your Life In 7 Days By Eileen Mulligan. Change your practice to hang or lose the time to only chat with your friends. It is done by your everyday, don't you feel tired? Now, we will certainly reveal you the extra habit that, actually it's an older behavior to do that could make your life a lot more qualified. When really feeling tired of consistently chatting with your buddies all free time, you could locate the book entitle Life Coaching: Change Your Life In 7 Days By Eileen Mulligan and after that review it.

Review

"In the space of three months I have doubled my workload and tripled my income. I have also stopped smoking." —Nick Morgan, Independent

"She has an instinct that has guided her into the right policies and decisions pretty well every time."
—Michael Beckett, Daily Telegraph

About the Author

After building up a million-pound company within the beauty industry and winning the Cosmopolitan Entrepreneur of the Year and Gucci/Business Age awards, Eileen Mulligan became a business consultant, trouble shooter and coach.

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LIFE COACHING: CHANGE YOUR LIFE IN 7 DAYS BY EILEEN MULLIGAN PDF

Eileen Mulligan is a successful and sought-after personal coach. In LIFE COACHING, her powerful coaching techniques will help you reassess your life, redefine success and set new goals.

Using questionnaires, checklists and action plans, LIFE COACHING shows you how to devise your own personal life programme and fulfil your every ambition. Discover how to:

- * Identify and achieve your goals
- * Overcome the blocks and problems that have held you back
- * Improve your relationships
- * do the work you want to do
- * Build your confidence and self esteem
- * Enjoy well being and contentment in all aspects of your life.

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Most helpful customer reviews

7 of 7 people found the following review helpful.
Excellent!!

By Anu

This book is excellent. It concentrates on all areas of life - Health, Spiritual/Religious life, Work/Career, Financial, Personal Relationships, Family/Extended Family and Friends/Social Life. The book helped me to judge life objectively with the help of seven simple forms; recognise what is important to me in my life and inspired me to take decisions to achieve those goals. It has taught me that since I am my best friend who knows every moment, behaviour and action of my life, I am the best person to make the decisions also.

You see a lot of "me" and "I" in the previous paragraph - the whole objective is just that - focus on what you can change and make it better for everyone. "me" is not in the sense of a self-centered, big-headed person but to define every problem in a way you can see solutions instead of blaming someone else.

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