



Be Your Own Life Coach: A Teach Yourself Guide (Teach Yourself: Relationships & Self-Help)

Jeff Archer

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Coach yourself to success!

If you have been wanting to reap the many benefits of personal life-coaching, but lack the resources or time to fund a one-to-one relationship, this book is for you. It takes the principles of life-coaching and, in a practical yet inspiring manner, advises you on how you can apply these to your own life. Covering everything from career development to personal relationships, appearance and money management, the book offers a program of change and progress for each area, while encouraging you to examine your own beliefs, confidence and motivation to ensure that change is for the better and for the long-term.

Be Your Own Life Coach offers you interactive and practical resources such as diaries and checklists, review programs, reward structures and case studies in success. You'll get all of the great benefits of coaching at a fraction of the price for an individual coach.

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