

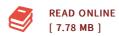


Let Go of the Rock! a New Look at the Dynamics of Self-Management

By Beth Wonson

DANDELION ENTERPRISES, United States, 2015. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. A 21st Century Look at Self-Management from an Expert Life Coach Business Consultant. Using her own life lessons and those of her clients as examples, Executive Coach, Certified Equus Coach and Businesss Consultant Beth Wonson identifies 9 everyday ROCKS that hold people back from experiencing peak performance and ultimate joy in all areas of their life. Those ROCKS are: *Living in the past or future instead of the present *Allowing other individuals or preoccupations to steal our life force *Weak or confused communicationon *Inflexibility and complacency (that comfortable rut) *Fear of risk, success, failure, change, etc. *Unwillingness to take responsibility for our actions

*Codependencies/addictions to people, substances, habits, etc. *Untrue stories we tell ourselves to justify our actions *Lack of clarity about who we are and why we are here Beth carefully examines each of these ROCKS and shows you how to dig them up and heave them out of your life-or simply make them dissolve, using the alchemy of your own powerful inner guidance. This is an excellent guidebook for managing your personal and family life...



Reviews

A must buy book if you need to adding benefit. We have study and so i am sure that i am going to likely to study once again again in the foreseeable future. I realized this book from my i and dad encouraged this ebook to discover.

-- Duane Fadel

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

-- Dr. Marcos Grimes III