

Life Mapping: How to become the best you (Paperback)

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Reviews

Certainly, this is actually the best function by any article writer. It is actually writter in straightforward words and never confusing. Your life period is going to be convert once you total looking over this ebook. (Mrs. Yolanda Reilly V)

LIFE MAPPING: HOW TO BECOME THE BEST YOU (PAPERBACK)



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Ebury Publishing, United Kingdom, 2004. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. In the fast changing world of today, we can all benefit from guidance in steering a course through the inevitable ups and downs of life. Life Mapping - so much more than just another self-development technique - can offer us a way forward that is uniquely suited to us as individuals. Simple to understand and fun to use, Life Mapping is both profound in its depth and great in its rewards. Your Life Map is a crystallisation of your best thoughts and feelings about your self, and a visual reminder of the best you that you can imagine. In capturing this picture of your potential and holding it up as a beacon, your Life Map will help you define a vision of where you choose to go in life and supply a set of principles to help guide you there. An unchanging core in a fast changing world. The result will be a natural boost to your self-confidence, self-esteem and self-belief as your Life Map leads you to be pro-active in your attitudes, and effective in living your best life.

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