



Life Coaching: Change Your Life in 7 Days

Eileen Mulligan

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Life Coaching: Change Your Life in 7 Days Eileen Mulligan

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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