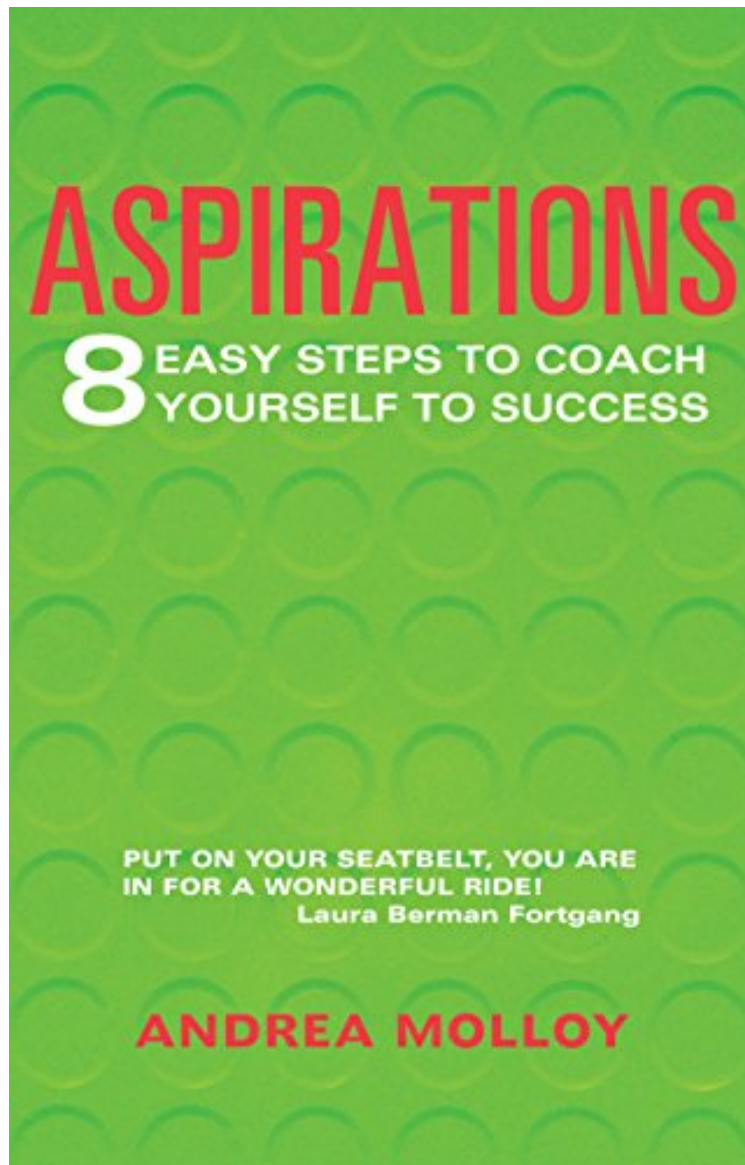


Aspirations: 8 Easy Steps to Coach Yourself to Success

Andrea Molloy

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Andrea Molloy : Aspirations: 8 Easy Steps to Coach Yourself to Success before purchasing it in order to gauge whether or not it would be worth my time, and all praised Aspirations: 8 Easy Steps to Coach Yourself to Success:

Easy-to-use eight-step guide to developing your own personal success strategy. Are you 20-something looking for direction? A 30-something wanting to balance work and family? A 40-somethings wanting a new lease on life? By

following this book's practical success tips and action tasks you will revitalise your passion for life! Aspirations shows you how to: aspire to your dreams through effective goal setting; overcome obstacles that stand in your way; define your personal values; improve your self-care; clear clutter and simplify your life; develop confidence; communicate positively with others; and keep motivated and on track. Leading life coach Andrea Molloy has coached students, home makers, graduates, entrepreneurs, managers and executives to achieve the successful lives they desire.