

To Transform Supercoach Secrets Life Anyones

[#Supercoach](#) [#Life Transformation](#) [#Personal Growth](#) [#Self Improvement](#) [#Unlock Potential](#)

Discover the secrets to transforming your life and unlocking your full potential as a Supercoach. This guide provides practical strategies and insights to help anyone achieve personal growth, enhance self-improvement skills, and ultimately become the best version of themselves.

Our collection serves as a valuable reference point for researchers and educators.

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Supercoach

One of America's most well-respected success coaches shares effective tools for creating powerful, positive, and lasting life changes. If Superman needed a coach, he'd hire Michael Neill. In this fun, easy-to-read book, join the bestselling author and renowned success coach as he guides you through ten sessions designed to change your life—and the lives of the people you care about most—for the better. Inside, you will learn:

- How to stop thinking like a victim
- The secret to financial security in any economy
- Proven techniques to produce dramatic changes in yourself and others
- Simple ways to create lasting relationships
- The key to lifelong happiness
- Strategies for increasing productivity, energy, and well-being
- And more!

Whether you want to powerfully impact the lives of the people around you or simply wish to create a deeper, more meaningful experience of being alive, Supercoach is your essential guide to helping yourself and assisting others.

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You Can Have What You Want

This is a book that can change your life for the better as you're reading it! Inside, you'll find all the tools you need to get anything you want out of life. For the past 15 years, Michael Neill has been a coach,

friend, mentor, and creative sparkplug to celebrities, CEOs, royalty, and people who just want more out of their lives. In this friendly and practical guide, Michael uses the techniques that have already helped thousands of people to create seemingly effortless success, transform your relationships, finances, and health, experience happiness every day, regardless of your circumstances, and live an inspired (and inspiring) life. So start reading . . . and get everything you want out of life!

Creating the Impossible

Are you ready to make your dreams come true? Michael Neill is widely recognized as one of the world's leading life coaches, and his teachings have impacted everyone from housewives to CEOs and from gang members in prison to leaders at the United Nations. For the last decade, he has been sharing the principles that will allow you to create far more than you ever thought possible with far less struggle than you expected. Thousands of people from all over the world have already used the principles behind this 90-day program to reconnect with their creative spark and get their most important ideas and projects out of their head and into the world. Now it's your turn... What if you could accomplish more than you ever imagined without the constant stress and pressure associated with "high achievement?" What if creating what you want to see in the world isn't dependent on believing in yourself, or even believing that it's possible? Whether you want breakthrough results for your business, yourself, or your life, this book will change the way you see yourself as you learn to make the impossible possible!

The Space Within

There is a space within you where you are already perfect, whole, and complete. It is pure consciousness - the space inside of which all thoughts come and go. When you rest in the feeling of this space, the warmth of it heals your mind and body. When you operate from the infinite creative potential of this space, you produce high levels of performance and creative flow. When you sit in the openness of this space with others, you experience a level of connection and intimacy that is breathtakingly enjoyable and filled with love. And when you explore this space more deeply, you will find yourself growing closer and closer to the divine, even if you're not sure there is such a thing and wouldn't know how to talk about it if there was. Every problem we have in life is the result of losing our bearings and getting caught up in the content of our own thinking; the solution to every one of those problems is to find our way back home. This is both the invitation and the promise of this book. One problem. One solution. Infinite possibilities. Are you ready to begin?

The Inside-Out Revolution

Would you like to experience amazing clarity, peace, and freedom, even in the midst of challenging circumstances? In this groundbreaking new book, bestselling author Michael Neill shares an extraordinary new understanding of how life works that turns traditional psychology on its head. This revolutionary approach is built around three simple principles that explain where our feelings come from and how our experience of life can transform for the better in a matter of moments. Understanding these principles allows you to tap into the deeper intelligence behind life, access your natural wisdom and guidance, and unleash your limitless creative power. You'll be able to live with less stress, greater ease, and a sense of connection to the larger unfolding of life. Welcome to the space where miracles happen... Are you ready to begin?

The Secrets of Successful Coaches

Every year, thousands of people train to be a life, business or executive coach but struggle to make a living. Although attracted to the profession, they are forced to give up as they cannot find enough clients to pay the bills. Even great coaches can not create the business they crave without the skills to run it successfully. The Secrets of Successful Coaches is essential reading if you are struggling with setting up and marketing your business, attracting and converting fee-paying clients, raising the profile of your business and communicating the benefits of your service, getting motivated and increasing your self-belief and making enough money to run a successful business. You will find 10 easy-to-follow steps to develop a successful business, learning from 11 top performance coaches who share some of the mistakes they have made and learnt from. You'll also benefit from the proven techniques they have developed to make their business a success and get outstanding results. Find out how to save time and money, learn the skills to run a successful business, develop a winning business mindset and turn your passion into profit. The Secrets of Successful Coaches is for new coaches who are in the first 12 months of running their business, and those who want to improve their business success. Karen

is inspired by a large number of authors including Dawn Breslin, Hannah McNamara, Michael Neill and Gladeana McMahon, who were interviewed for this book. She also takes inspiration from Anthony Robbins, Brian Tracy and Stephen Covey.

Health Coach Wisdom

You Have the Power to Be Healthy You have the power to prevent heart disease, type 2 diabetes and certain cancers. You can take control and start living a healthy life today! This is a simple guide with easy answers on how to eat nutritious meals that fuel your mind and body, how to get functionally fit to prevent injury, and how to find peace of mind so you can enjoy each day fully and sleep soundly at night. Health Coach Wisdom reveals natural ways to help you lose weight, get fit and feel great. It is your step by step action plan to making simple changes with a big impact. If you want to move from surviving to thriving, you can get started creating your own healthy lifestyle today. In Health Coach Wisdom, you will discover how easy it is to: ? Reach and maintain your healthy weight without dieting ? Weave in fitness throughout your day ? Control your hunger by balancing your blood sugar ? Lower stress, improve your mood and sleep better ? Reduce and reverse the signs of aging ? Reduce your risk of heart attack, stroke and type 2 diabetes ? Develop peace of mind, better relationships and a joyful life ? Lighten up the everyday foods you love to eat ? Create daily healthy habits—a key to success!

Just Get on with It

Do you dither about your next move, avoid making that one change that you know would make your life so much better, or just wish you had more natural get up and go?! Now leading life coach and NLP expert Ali Campbell has drawn on his extensive experience and expertise to deliver real answers – just the caring, compassionate kick up the ass you've been needing. Known in the UK media as 'Mr. Fix It', Ali has helped celebrities, politicians, and even royalty to stop sabotaging themselves so that they can realise their full potential – and now you too can use his dynamic approach and practical tools to create the life you've always wanted. With real-life stories from clients that have achieved great success with Ali, this book will help you to: • Get honest with yourself about where you are and what you really want • Stop telling yourself the stories that are keeping you stuck • Accelerate real change and stay on the crest of the wave So if you're tired of wondering where you're going wrong in your life, perhaps it's time you tried something completely different, so that you can bypass the conditions you've set up for yourself, just get on with it and expect to achieve big results – fast.

Straight-Line Leadership: Tools for Living with Velocity and Power in Turbulent Times

Straight-Line Leadership: Tools for Living with Velocity and Power in Turbulent Times is Dusan Djukich's highly anticipated introduction to his potent world of straight-line coaching. Within these pages he dramatically unveils exactly what it takes to live a powerful and effective life both personally and professionally. Regardless if you are a CEO, small business owner, parent, or someone who simply wants to make a difference, you will learn to master powerful distinctions that you can apply immediately to resolve the challenges that you are presently up against. You will also become adept at assisting others in solving their most pressing problems with precision and grace. "This book boldly demonstrates why Djukich is regarded as the ultimate performance catalyst to business. He simply kicks the hell out of the sacred cows that keep individuals and businesses stuck." Brandon Craig, CEO, BiltRite Corporation

A Practical Guide to Negotiation

Think negotiation is a boardroom battlefield? Think again. We all need to negotiate in our professional and personal lives, but negotiation doesn't have to be a fight to get what you want. In fact, you'll create better deals and better relationships through collaboration. In Negotiation, Gavin Presman shares his ethical and mutually-beneficial approach, showing you how to prepare for and engage in every negotiation to achieve better results for yourself and others – whether you're drawing up a contract with a new client, buying a house or, often the trickiest of all, settling family disagreements. With step-by-step guidance, illustrative examples and checklists to refer back to, this is a practical and empowering guide that will improve the negotiating skills of any reader, enhancing personal and professional relationships in the process.

Coaching, Performing and Thinking

By approaching workplace performance from the perspective of the theatre, my previous books² have attempted to illustrate the connection between work and the world of drama and dramatic texts. Here now the emphasis is on performance at work, borrowing in many instances, as we shall see, from the theatre for the sake of satisfying an audience comprised of our stakeholders. That we are all performing at any moment is a noted idea. With the increasing presence of surveillance cameras in many towns and cities today, we are indeed almost continually in the spotlight. That said, personal performance in this book relates to our intentional actions as opposed to activities merely performed as habits or reactions to stimuli deriving from external sources. Focusing on performance, potential and the workplace, certain ideas were originally produced as material for my personal blog³ over the period June 2013-June 2014. Excerpted from the Introduction

Reflections on performance at work

This is essential reading for professionals making judgements under pressure. It demonstrates how self-leadership is not only about surviving but thriving in a continually changing environment and introduces key theories, skills and debates to help professionals deliver high quality professional practice every day. The book focuses in on the quality of professional thinking, self- and social awareness, self-regulation and self-management, and the fundamentals of sustained resilience.

Personal Performance Potential at Work

"There are three formless facts that create our reality from moment to moment. Like gravity, they exist whether we believe them or not. With them, not only do we create our world through our thoughts, but we also create our world 'of thought'. Merely by having an understanding of how they work allows us freedom from worry, stress and fear and opens us up to the infinite potential of the universe through creativity, compassion and love. And the way to access this inner source of wisdom is to DO NOTHING! Because we already have it. As the saying goes: 'You are already enlightened, you just don't know it yet ...'"--Publisher's description.

Self-Leadership and Personal Resilience in Health and Social Care

Joyous Expansion is the key to living an inspired life with passion. Using personal stories, and his Joyous Expansion Intention System, Brett will teach you how to achieve all your dreams while living full of joy. This clear and down-to-earth book is filled with practical tips that will leave you elated. Mike Dooley, bestselling author of Infinite Possibilities states, "Refreshingly original and completely organic! Please do yourself a favor and be a part of Brett Dupree's Joyous Expansion. Reading this book will not only improve your life, but the lives of people you interact with every day!" In Joyous Expansion, you will learn how to incorporate your passion and inspiration in your daily life, achieve life balance, bring your spirituality in your reality, get out of the rat race and enjoy your journey, write powerful intentions that will focus your determination to reach your desires, and celebrate your life and learn from your outcomes. Joyous Expansion will show you how to reach your ultimate potential while having a great time. Let Brett Dupree guide you to live a life of purpose, abundance and inspiration!

DO NOTHING!

Do you feel stressed, exhausted and weighed down by responsibility? Are you itching to do something different, but don't know what or how? Is fear holding you back from living the life you want? Beth Kempton went from being a life-loving, risk-taking adventurer to a grown-up, settled-down mother, wife and business owner, before realizing the life she had built was suffocating her. She set out on a journey to find personal freedom, and along the way encountered many others who were also feeling trapped – by their circumstances, relationships, finances, beliefs, doubts and fears. Freedom Seeker brings together the insights, techniques and wisdom that Beth learned on her journey to freedom, including her unique system of 8 Freedom Keys which will help you to:

- Get clarity on what really matters to you
- Figure out how to live the life you want, whatever your circumstances
- Make a shift from worry and fear to feeling alive and inspired
- Find the courage and confidence to shape your future
- Reignite old passions, and discover new ones
- Feel much freer, and happier, every single day

Full of profound lessons, powerful exercises and inspiring tales, this honest and courageous book will help you to live more, worry less and find a way to do what you love, every day.

Joyous Expansion

Are you living a successful life? Have you got a vision? Do you enjoy your work? Are your relationships thriving? Previously released under the title Success Intelligence, Authentic Success examines how to enjoy real, soulful success while living in a manic, busy, and hyped-up world. Robert Holden is the creator of a unique program—called Success Intelligence—used worldwide by artists and writers, entrepreneurs and leaders, and also global companies and brands such as DOVE, the Body Shop, the BBC, and Virgin. This landmark book is an invaluable guide to genuine success and happiness. The themes of Authentic Success include: * Creating a vision for your life, work, and relationships that doesn't get lost in sick hurry. * Identifying what the REAL YOU really wants, and discovering the real purpose of your life. * Freeing your mind, liberating your talent, and attracting more effortless success. * Conducting a Busyness Audit, giving up Destination Addiction, releasing dysfunctional independence, and overcoming your fear of success. * Learning why happiness is the key to greater inspiration, creativity, and meaningful success.

Freedom Seeker

If you were given the chance to write your own future, and direct your own destiny, how would your life change? In this book, the author shares her insights - as a classically trained theatrical actress, screenwriter and filmmaker - to allow everyone the opportunity to write, produce, and direct the movie of their lives.

Authentic Success

F**k It has taken the world by storm, helping countless people to relax, let go, stop struggling and finally do what they want; to ignore what everyone else is telling them and go their own way. This now classic text has been updated with inspirational new material from John C. Parkin. In this inspiring and humorous book, John suggests that saying F**k It is the perfect Western expression of the Eastern spiritual ideas of letting go, giving up and finding real freedom by realising that things don't matter so much (if at all). It's a spiritual way that doesn't require chanting, meditating, wearing sandals or eating pulses. And it's the very power of this modern-day profanity that makes it perfect for shaking us Westerners out of the stress and anxiety that dominate our meaning-full lives. So, find out how to say F**k It to all your problems and concerns. Say F**k It to all the 'shoulds' in your life and finally do what you want to do, no matter what other people think.

Directing Your Destiny

What if the emotions of your past experiences continued to secretly control your life today? What if these residual, inner blockages prevented you from truly connecting with, trusting and working with others? What if your life was a continuous loop of the same story being retold with slightly different characters and settings no matter where you are and which people you choose to have relationships with? So many of us have been wounded with emotional pain at some point in our lives and are still carrying this emotional stress with us. It not only affects your emotional strength and intelligence, which influences your ability to make clear, conscientious decisions, but can prevent you from your optimal potential in achieving success, happiness and fulfillment. To define the new era of leadership in your own lives, it's time challenge your thinking. Emotional GRIT establishes a new model of human leadership within and beyond the workforce - to build a more heart-centered, compassionate environment in companies, communities, schools and families - so that you can master your inner-strength and positively impact the world around you. What causes someone's actual transformation, why is it we hide behind our "masks\

F**k It

Two caterpillars were crawling along a tree branch one day when a butterfly flew overhead. One caterpillar said to the other, "You will never get me up in one of those things." *Shift Happens!* is about personal alchemy and inner transformation. Some people "go" through life; and other people "grow" through life. *Shift Happens!* -celebrates your unlimited potential to grow, blossom, and evolve-in spite of everything. It is a book of hope. The term personal alchemy describes the ability to take a piece of dirt, roll it around a few times, and fashion it into a pearl. This is what an oyster does. Personal alchemy is what your grandmother called turning lemons into lemonade. It is what old wizards described as turning straw into gold. *Shift Happens!* is about staying open all hours for miracles. Success, love, and happiness are only ever one thought away at most. One new perception, one fresh thought, one act of surrender, one change of heart, one leap of faith, can change your life forever

Emotional Grit

Learn how to better navigate the challenges of adult life with Gail Sheehy's landmark best-seller—named one of the ten most influential books of our times by the Library of Congress. For decades, Gail Sheehy's *Passages* has been inspiring readers to see the predictable crises of adult life as opportunities for growth. She charts the stages between 18 and 50 as unfolding in a pattern of adult development: once recognized, more easily managed. *Passages* is an insightful road map of adulthood that illustrates with vivid stories our continuing personality and sexual changes throughout the "Trying 20s," "Catch 30s," "Forlorn 40s," and "Refreshed (or Resigned) 50s." One comment is continuously repeated by men, women, singles, couples, and people who recover from a midlife crisis: "This book changed my life."

Shift Happens!

"Some people in life know exactly what they want to achieve. This is a book for the rest of us." - Victoria Labalme if you're trying to figure out your next steps at work or in life... if you wish you had the courage to move in a new direction... if you sense there's something more, waiting to be discovered... *Risk Forward* will help you find your way. In this brief, full color, whimsical book "experience," Hall of Fame speaker, leading consultant, and Wall Street Journal best-selling author Victoria Labalme shares a series of principles from the arts that are practical, reassuring, and radically freeing. "Sage advice-and brisk inspiration-for anyone contemplating the daunting prospect of a new project or change of direction." - Pamela Liebman, President & CEO, The Corcoran Group "*RISK FORWARD* is a mosaic that will change the way you view your life forever." - Roberta Matuson, *FORBES.com* "If Picasso and Apple produced a book, this would be it!!!" - Vince Poscente, New York Times best-selling author & Olympian Through these uniquely designed and thought-provoking pages, you'll learn: • 4 Questions to help you discover your next best step • How to make a decision when you have a variety of options • 3 key filters to evaluate input and advice • Permission and Ideas to express your whole self at work and in life • The #1 way to identify what really matters • What holds you back

Passages

Dowsing simply means searching for something by intuition. It's widely regarded as being a psychic method of looking for water, but it's so much more than that & you can dowse for everything from lost objects to the self-knowledge hidden in your subconscious & and this book will show you exactly how. All of us have intuition but in this modern world we have become disconnected from this ancient power. Uri Geller is famous around the world for his intuitive, paranormal powers, which range from bending spoons to astounding feats of dowsing, such as his location of huge offshore oil field on behalf of Mexico's national oil company (for which he was rewarded with Mexican citizenship). In this amazing book, he guides you step by step through the hidden world of dowsing that he knows so well. Simple exercises in the form of Uri mini-class activities, and fun games such as crystal hide-and-seek, teach the basic skills you need to dowse, whether you use divining rods, a pendulum, a forked twig or just your hands. The book then explains how to use these skills to find everything from lost objects to water, fossils, archaeological remains and even hidden treasure! Most importantly, Uri reveals how dowsing can help you unlock submerged thoughts and knowledge and evaluate vital choices in business, love and family life. Also including real-life case studies of amazing dowsing events, stories of celebrity dowsers through history and background explanation of the science of dowsing, this is a super accessible and fun guide to the most useful of the paranormal skills.

Risk Forward

Conspiracy theories are legion. Conspiracies are rare. And of the few that do exist, fewer are ever discovered, let alone explained. This story is the exception. In 2016, media giant Gawker was forced to declare bankruptcy after a \$140 million dollar judgment in court over an illegally recorded sex tape of Hulk Hogan. The case was no accident: it was the result of a nearly decade-long plot masterminded by Facebook and Paypal billionaire Peter Thiel. With exclusive access to all the key players, Ryan Holiday takes us behind the scenes of this extraordinary and at times surreal story, and transforms the events into both a dissection of that controversial methodology - conspiracy - and an eye-opening cautionary tale on the use, abuse and consequences of power and secrecy in the modern age.

Learn to Dowse

This book is about breaking through the barriers that keep us from experiencing our true nature as light. It presents inspiring science and philosophy in a way that is completely accessible to anyone, to reveal and explore the universal laws and principles that underlie our very existence. Those principles are set forth in extraordinary but true stories of ordinary people having astonishing and moving life experiences, and they make the most profound concepts easily understood. Most important, it is an extremely real and practical manual for understanding why we live the way we do, and how to transform our lives into our highest vision. You will learn a formula to manifest your dreams, discover the secrets of opening your heart beyond anything you have imagined, find out how to increase love and appreciation for every aspect of your life, receive profound insights on how to create more fulfilling and caring relationships, reawaken your birthright as a true genius, transcend the fears and illusions surrounding the myth of death, and reconnect with your true mission and purpose on Earth. That is all true, but mainly, this book will deeply touch and inspire you with respect to your own greatness and potential—and the magnificence of every single human soul. This is not just a book, it is what the title implies—an Experience—and it is impossible to go through it without being moved, challenged, and changed. Welcome to . . . The Breakthrough Experience.

Conspiracy

This book will change the way you think about persuasion, and have you closing deals in no time. These days, it's just not enough to make a great pitch. Over decades of being marketed, pitched, sold (and lied) to, we've grown resistant to sales persuasion. The moment we feel pressured to buy, we pull away. And if we're told what to think, our defences go up. That's why Oren Klaff, bestselling author of *Pitch Anything*, has devised a new approach to persuasion based on a simple insight: everyone trusts their own ideas. Instead of pushing your idea on your buyer, guide them to discover it on their own and they will get excited about it. They'll buy in and feel good about the chance to work with you. In *Flip the Script*, Klaff breaks down this insight into a series of actionable steps. You will learn how to: *Achieve Status Alignment: Use a status tip-off, a strategically placed remark that identifies you as an insider who can relate to your client's concerns. *Close the Certainty Gap: Allay your buyer's fears about going into business with you by delivering a flash roll, proving your expertise in the domain. *Present Your Idea as Plain Vanilla: Don't overhype your product as a first-of-its-kind solution. The more you emphasise the familiar, reliable elements of your product, the easier you make it for your buyer to say yes. Packed with examples of the long-shot, often hilarious deals that Klaff has pulled off over the years, *Flip the Script* is the most entertaining, informative masterclass in dealmaking you'll find anywhere. It will transform your approach to pitching, leaving you fully prepared to raise money, seal deals and keep your cool in the toughest business situations.

The Breakthrough Experience

Learn step-by-step how you can create a high-income, low-work business, as well as relationships with women based on freedom instead of rules and drama. If you're a man who: - Doesn't make enough money - Has trouble attracting women - Has problems maintaining quality relationships with women - Has difficulty hitting your big goals - Has work that consumes too much of your life - Has trouble staying motivated - Tends to have lots of "drama" in your relationships ...then this book was written specifically for YOU. It's over 400 pages of proven principles and techniques that have been successfully used by men all over the Western world. Because of rapidly changing technology and cultural norms, for the first time in history a man can live truly as he desires. He can truly be free, both in his business life and woman life, even if he's committed to one special girl. In *The Unchained Man: The Alpha Male 2.0*, you will learn specific, step-by-step techniques to: - Design a low-work, high-income business that you can run from anywhere with no employees. - Design the perfect type of relationship for you: casual, very

serious and committed, or something in-between. One where you can love a woman but still be free to do whatever you want without having to "check in" with anyone. - Design an entire life structured to make you happier. - Be more focused on your big goals while still maintaining personal freedom and happiness. Hit those goals faster! - Dramatically improve your dating and sex life. - Better manage your time and reduce stress. - Overcome mental blocks to your own happiness, most of which you don't even know are there! - Be more confident. - Look better. - Integrate women, or that one special woman, into your life with fewer restrictions on your happiness, freedom, and masculinity. - Make more money from fewer hours of work. - Get your income up fast! - Raise happy children (if kids are something you want). - And much more! Thousands of men all over the world have already improved their work lives, relationship lives, sex lives, personal freedom, and happiness by living the lifestyle of the Alpha Male 2.0. Join us! It's a very good place to be, and it's all in this book.

Flip the Script

In this guide to living as your authentic self, a successful businessman offers advice on how to live a prosperous and rewarding life by learning to take charge and lead yourself and others. Countless books focus on leadership. Numerous podcasts and TedTalks speak about leading others, leading organizations, developing leaders, and so on. But before you can lead others well, much less discover real success or leave a legacy that others will remember you for, you must first learn to lead yourself. Jeff D. Reeter is a successful businessman, as well as an accomplished leader who has helped many become better versions of themselves. He has guided many on the path to achieving their goals, and he believes that when you live your life by design and make decisions based on your intentions, you can lead yourself to live the life you have always imagined. Do Life Differently will help lead you toward extraordinary in all areas of life by offering guiding questions and exercises that will help you create your very own custom-tailored master action plan. Each step is designed with the purpose of helping you understand how to become the best version of your authentic self. You will also create a legacy that encourages others to learn, grow, and gain wisdom, values which will help them on their own journey.

The Unchained Man

Do you feel like anxiety is making your life smaller? Are you always worried about the next panic attack? Or are you so stressed that you can't remember when you last felt peaceful and happy? What if there was a simple solution that meant you could stop coping, and start living? For more than 20 years, Nicola Bird experienced anxiety and panic attacks, sometimes so severely she couldn't leave the house. She tried everything, including medication, psychiatric counselling, yoga, and NLP. Then she stumbled upon a completely different way of understanding the human mind that changed her relationship with anxiety forever. In A Little Peace of Mind, Nicola opens up about her own experiences and shares simple ideas to help you realise your own innate mental health and wellbeing. At the heart of this understanding, you'll discover the peace of mind that has been eluding you all this time.

Excuses Begone! (Volume 2 of 2) (EasyRead Super Large 24pt Edition)

In Confidence: Finding It and Living It, best-selling author/lecturer Barbara De Angelis, Ph.D., offers a life-changing explanation of what true confidence really is, and shares practical tools for creating more power and passion in your work and relationships.

Do Life Differently

A game-changing book offering a six-step approach on how to find and follow your true calling and redefine success from entrepreneur and soul coach Rha Goddess. Are you willing to believe in you? Every single one of us has a calling. For most it's the thing you have to force yourself not to do. When you try to ignore it, you can't stop thinking about it. It is the thing that both terrifies you and brings you the most joy. Already living yours? Great! How do you make the most of it? The Calling will provide readers with a road map, via 3 fundamental shifts, on how to stay true, get paid and do good. The steps that will help lead you there include: RECOGNIZING—it always begins with awareness. If you can't see it then you can't do anything about it. ACCEPTING—means embracing, and taking responsibility for yourself, your life, and the things that want or need to be changed. FORGIVING—yourself and others. AND MORE! The Calling will be the resource that people have been asking Rha to write for years, and there has never been a better time for her to share her proven method.

A Little Peace of Mind

Organizations are increasingly complex, requiring flexibility to implement significant, rapid change that goes beyond the ability of an individual leader or CEO. A high-performing and cohesive leadership team is critical for success. Leadership Team Coaching in Practice presents enlightening case studies on how leadership team coaching techniques have been applied internationally across a variety of team types and industries, including professional services, pharmaceuticals, airlines, healthcare and finance. With expert contributions from chief executives, team coaches, team leaders and consultants, this practical guide illustrates best practice tailored to the needs of each organization. This updated 2nd edition of Leadership Team Coaching in Practice includes new case studies and addresses hot topics in systemic leadership coaching theory. Answering questions such as how do you get the most from working across multiple teams? how should inter-team coaching be approached? and how do you coach millennials and tech start-ups?, it helps foster collective transformational leadership, whatever the business sector and type of team. Ideal for executive coaches, organizational development consultants (OD), HR leaders and aspiring managers, it shows how to develop leadership teams that can implement strategic change effectively and sustain competitive advantage.

Confidence

A practical, step-by-step program for healing the four lower chakras—the empowerment chakras—using EFT/tapping. Noted empowerment coach Margaret Lynch Raniere introduces the hidden power of the four lower “empowerment” chakras—root, sacral, solar plexus, heart—and the groundbreaking healing techniques she created to heal them using Emotional Freedom Technique (EFT), also known as “tapping.” These four chakras are the source of the exact rising empowerment energy you need to feel, speak, and act with confidence, courage, and deeply felt belief in yourself and your value. However, these are the chakras that get blocked with long-buried fears and pain that create self-doubt, procrastination, playing small, and years of trying to prove you’re good enough. Healing these lower chakras will help you reclaim your inner power so you can stop proving and start being your most powerful, passionate, and authentic self.

The Calling

"At a time when slick, superficial, psychological works are foisted on the lay-public, Allen Wheelis has written a serious treatise."--San Francisco Sunday Examiner-Chronicle

Leadership Team Coaching in Practice

Challenges traditional practices about the role of willpower in performance and overcoming adversity, sharing true case stories to counsel athletes and high performers on how to tap inner resources to achieve mental clarity and personal excellence.

Unblocked

'A practical and timely book I highly recommend' Arianna Huffington, Founder and CEO, Thrive Global
'Connect offers a compelling and highly accessible roadmap for building relationships that lead to professional success and personal fulfilment. I highly recommend this book' Reid Hoffman, co-founder of LinkedIn and co-author of Blitzscaling and The Alliance
'I encourage anyone who cares to develop stronger and more meaningful relationships anywhere in their life to read this book' David Rogier, Founder and CEO at MasterClass

David Bradford and Carole Robin taught interpersonal skills to MBA candidates for a combined seventy-five years on their legendary Stanford Graduate School of Business course, "Interpersonal Dynamics". Now, in Connect, they share their time-tested strategies for developing the interpersonal skills that have become fundamental to success at work and in our everyday lives, such as building trust, giving feedback and navigating conflict. Connect shows why relationship-building is crucial to becoming a more effective manager and leader and living a fulfilled life, from highlighting the importance of curiosity and empathy to demonstrating how to break logjams and negotiate boundaries. Filled with research-backed insights, useful concepts and thought-provoking exercises, Connect is an important resource for anyone hoping to build and sustain relationships, providing tools to make relationships robust -- and even exceptional.

WHAT FORMER STUDENTS SAID ABOUT INTERPERSONAL DYNAMICS: 'I can't believe how much I learned about myself and about how others see the world' 'This course changed my life; it was transformational' 'I feel so much better equipped to create the kinds of relationships I want in my life'

