



Coach Your Own Life: Break Down the Barriers to Success (Teach Yourself)

By Jeff Archer

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Are you looking to improve your professional and personal performance?

Do your goals and ambitions need an overhaul - or a complete rethink?

This updated new edition of a dynamic and motivating guide will give you the resources and toolkit to coach yourself to an improved and enhanced performance in all areas of your life.

Covering everything from career development to personal relationships, appearance and money management, it offers a program of change and progress for each area, while encouraging you to examine your own beliefs, confidence and motivation to ensure that change is for the better and for the long-term. It uses practical resources such as diaries and checklists along with review programs, reward structures and case studies in success. This new edition also contains plenty of tools and advice to help you overcome blockages and obstacles, develop resilience, and become more mindful.

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Editorial Review

About the Author

Jeff Archer is a Life Coach and Personal Trainer. Founder and manager of The Tonic coaching and personal training company, he offers all-round lifestyle solutions in addition to professional and office-focused training. He consults regularly for numerous leading lifestyle and fitness magazines.

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