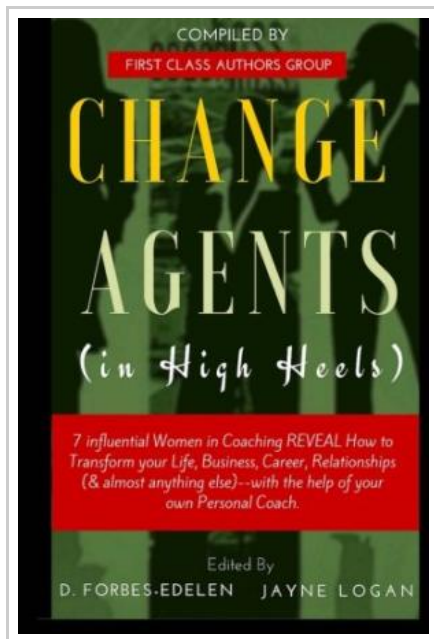




Change Agents in High Heels: 7 Influential Women in Coaching Reveal How to Transform Your Life, Business, Career, Relationships (Almost Anything Else)-- With the Help of Your Own Personal Coach (Paperback)

By D Forbes Edelen, Jayne Logan, First Authors Group

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*****.Change is hard. You know that if you ve stayed stuck in a lousy relationship, an unsatisfying career, or you can t give up an unhealthy habit or you re still in some other depressing life circumstances because you re afraid that making a change might make things worse. So like many, you too may have decided to stick with the devil you know rather than risk making a change and having to confront a devil you don t know. But if youre finally ready to face these fears and change your life, career, relationship (or just about anything else), have you considered working with your own Personal Coach? If not, this book might just convince you to do so. Whether you ve considered working with a coach--or not, or whether you ve worked with your own personal coach in the past, or even if you have no idea what a personal coach is, the message of compassion, hope, support and transformation that is at the core of the practical, easy-to-digest advice given by the...



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