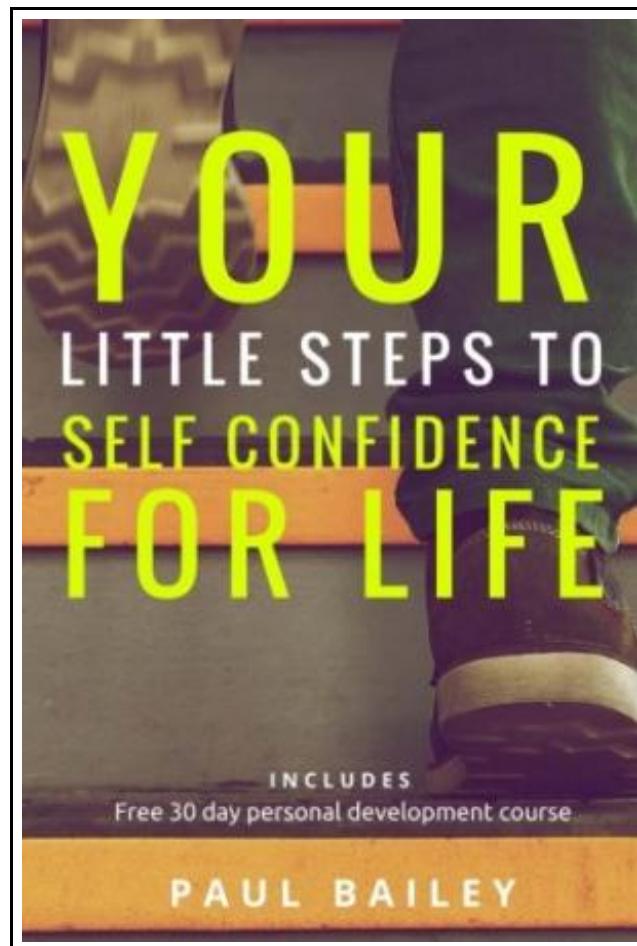


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.LIMITED TIME OFFER: Free 30 Day Personal Development Course! Just wanted to say an enormous big thank you for this course. I have looked forward to the daily email, I ve always appreciated them. I ve learnt a fair bit about myself in the process and undoubtedly made progress in several areas. - Simon It makes life more manageable so that you don t feel overwhelmed - Julie An exciting challenge each day - Michalis I m really starting to notice a difference my little steps are making. Mostly in the procrastination area but also to some extent in confidence as I ve spoken to strangers more in the last 2 weeks than I ever would normally. Thanks for making the difference happen - little steps is so easy to follow - Lynne Self Help, Practical Motivational guidance for stressed and busy people looking to get help with their self confidence, motivation and overall well being. This is a collection of blog posts that I have written for a number of different personal development websites. I ve reordered them in to a more logical sense to make it easier to find the help that you need. Below you will find a selection of comments from my clients. I often get too involved with what I m doing right now to be able to sit back and assess where my life is going and what is going wrong. With Paul s guidance, I work out how to slightly tweak the way I live my life and the result is an easier, happier life where I feel in control. In December 2009 I was recovering from an...



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