

The One Minute Coach: change your life one minute at a time



Dear friend, Where will you be 1 year from now? Will you be doing the same things, going to the same places, spending time with the same people, wishing the same things, realizing that with each year that passes, those wishes will probably never materialize? Or will you be moving rapidly towards the life of your dreams, having made the necessary changes in your mentality, having taken necessary action steps, feeling great about your future, about your progress and about yourself as a person? The choice is YOURS! By buying this book you are making a choice that puts you in a group of people who care about their future, their growth, and their overall happiness and fulfillment in life. The book has been designed using Accelerated Learning Techniques and Neuro-Linguistic Programming to make it easy for you to read and assimilate the information, and more importantly, to apply it in your day-to-day life. There are 52 inspirational messages with an application/action step for each message. You can read and apply one a week for the duration of the year or you can use the book as a reference guide and consult it on specific topics as needed. HOW you use the book is not as important as WHAT you do with the information in it. To make a real difference in your life requires not just an understanding of what would make it different but also consistent focused action, which this book helps you achieve. The One Minute Coach will take you on an exciting journey of self-discovery and growth!

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Within these pages youll **The One Minute Coach: change your life one minute at a time** Masha is a best-selling author of The One Minute Coach: Change Your Life One Minute at a Time e-book contributing author for Chicken Soup for the Soul: **The One Minute Coach: Change Your Life One Minute at a Time** Oct 1, 2008 Within these pages youll discover the secret to great success. Whether its money, relationships, or general happiness youre aiming for, **NEW The One Minute Coach: Change Your Life One Minute at a** Buy The One Minute Coach: Change Your Life One Minute at a Time by Masha Malka (ISBN: 9781600374685) from Amazons Book Store. Free UK delivery on aloveverakayitol.com

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