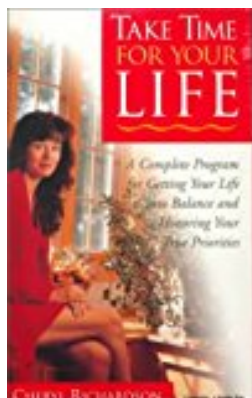


[PDF] Take Time For Your Life: A Complete Program For Getting Your Life Into Balance And Honoring Your True Priorities

Cheryl Richardson - pdf download free book



Books Details:

Title: Take Time for Your Life: A Co

Author: Cheryl Richardson

Released: 1999-11-23

Language:

Pages:

ISBN: 1564557219

ISBN13: 978-1564557216

ASIN: 1564557219

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Description:

Personal coach Cheryl Richardson helps people create the lives they want. In *Take Time for Your Life*, she shows you how to switch from being stressed, unfulfilled, and overworked, to "living a life you love" by using a seven-step process. First, she gives you permission to "make the quality of your

life your top priority" by honoring your self-care--a difficult choice for fast-track readers, but essential. Putting yourself at the top of your "to do" list will help you connect your head with your heart and enhance your satisfaction and joy. Next, you define your priorities and revise your schedule so it reflects them. Then you figure out what actions, issues, and people are draining your energy and start to "plug those drains." The next step is getting your financial house in order. And so on, through seven progressive strategies that free you to live an authentic, high-quality life, embracing your spiritual, emotional, and financial well-being. Richardson recommends enlisting a friend to work through the book with you: a fine idea to help you benefit from all the guidance that this book offers. Resource lists at the end of each chapter let you pursue topics further. Highly recommended. --*Joan Price* --This text refers to an out of print or unavailable edition of this title.

From Library Journal Personal coaching is establishing itself in the arena of self-help. In *Cracking the Love Code* (LJ 11/15/97), Janet O'Neal guided readers through the world of love. Now another personal coach, a motivational speaker and the chair of Interface (a holistic education center), attempts to coach her readers through areas of their lives that trouble them. Each chapter includes a brief overview and case studies, followed by the all-important "take action!" sections where Richardson outlines exactly what actions are necessary to remedy various situations. The text is clearly written and organized. Nothing much is new in this book except the approach, which may appeal to some readers. Demand may also be generated by the author's reputation and a promotional campaign. An optional purchase for public libraries. ?January Adams, Franklin Twp. P.L., Somerset, NJ

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