

Life Mapping: How To Become The Best You - , Sangeeta Mayne

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In the fast changing world of today, we can all benefit from guidance in steering a course through the inevitable ups and downs of life. Life Mapping - so much more than just another self-development technique - can offer us a way forward that is uniquely suited to us as individuals. Simple to understand and fun to use, Life Mapping is both profound in its depth and great in its rewards. Your Life Map is a crystallisation of your best thoughts and feelings about your self, and a visual reminder of the best 'you' that you can imagine. In capturing this picture of your potential and holding it up as a beacon, your Life Map will help you define a vision of where you choose to go in life and supply a set of principles to help guide you there. An unchanging core in a fast changing world. The result will be a natural boost to your self-confidence, self-esteem and self-belief as your Life Map leads you to be pro-active in your attitudes, and effective in living your best life. Author: Mayne, Brian Author: Mayne, Sangeeta Publisher: Ebury Digital Illustration: N Language: ENG Title: Life Mapping: How to become the best you Pages: 00224 (Encrypted EPUB) On Sale: 2012-08-31 SKU-13/ISBN: 9780091884550 Category: Psychology : General

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