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Taking Charge How To Coach Yourself To Quality Living

Felix Economakis



Taking Charge How To Coach Yourself To Quality Living:

Taking Charge Charlene Bell,1990 Take-Charge Living Marion Kramer Jacobs,2008-10-03 Do you settle for too little Let others call the shots Dream of a better life but do nothing to change the one you have If it s time to move forward then Take Charge Living is for you Whether it s lose weight get out of a bad relationship quit procrastinating seek love change jobs go back to school curb anger whatever behavior you need to change this step by step program in six acts teaches you how to do it successfully You will learn to Set appropriate expectations about change Confront fears of changing Target the right behaviors to change Deal with emotional resistance to change Follow a carefully sequenced practice plan Move from dress rehearsals to real world performances You are capable of exerting far more control over your moods feelings thoughts and behaviors in other words your reactions to life than you think And it doesn t take psychotherapy to do it So if the story currently playing on your life s stage is not one you feel like applauding here s your chance to rewrite the script and star in a satisfying performance Marion Jacobs,2006-03-01 Do you settle for too little Let others call the shots Dream of a better life but do nothing to change the one you have If it s time to move forward then Take Charge Living is for you Whether it s lose weight get out of a bad relationship quit procrastinating seek love change jobs go back to school curb anger whatever behavior you need to change this step by step program in six acts teaches you how to do it successfully You will learn to Set appropriate expectations about change Confront fears of changing Target the right behaviors to change Deal with emotional resistance to change Follow a carefully sequenced practice plan Move from dress rehearsals to real world performances You are capable of exerting far more control over your moods feelings thoughts and behaviors in other words your reactions to life than you think And it doesn t take psychotherapy to do it So if the story currently playing on your life s stage is not one you feel like applauding here s your chance to rewrite the script and star in a satisfying performance A straightforward practical toolkit for identifying and overcoming barriers to change As clinical psychologist Dr Jacobs demonstrates in this slim efficient volume our minds and bodies often work together to keep us from making changes that would improve our lives Jacobs s caring direct approach will engage even the therapy averse She teaches readers how to identify a desired change to examine the emotional barriers that prevent one from making that change and to devise a practical plan of action for working toward a goal Illustrating how the mind and body are deeply and intricately bound she outlines the four systems that interact to shape how we act and feel emotions bodily reactions thoughts and behavior Her methods are grounded in years of experience as a therapist as shown through the case studies she uses to illustrate steps and challenges encountered in taking charge A self help book that could actually work Kirkus Discoveries Author s Web site [www take chargeliving com](http://www.takechargeliving.com) **Take Back your Confidence: coach yourself to 'stress-less' confidence** Jeff Hutchens,2012-10-07 Are you struggling with your confidence Do you wish you had just that little bit more self confidence Do you realise that your confidence can grow with a few simple changes in your thinking Take Back your Confidence coach yourself to stress less confidence uses the

principles of coaching to help you unleash your inner confidence and take control of your life You will be encouraged to take charge of your mindset and take action to put yourself back into the driving seat using the power of coaching and NLP Self coaching is a powerful technique for creating the confident life you always wanted but never thought you could have and today it could begin for you if you are ready to Take Back your Confidence **A Little Book of Self-Coaching Tips**

Euphrosene Labon,2012-07-01 A Little Book of Self Coaching Tips This is a book for all those who want to take responsibility for their lives and want to know where and how to start It is also for those who have started the process A Little Book of Self Coaching Tips is a convenient and compact guide to prompt and inspire you along the way ISBN 0 9545249 5 0 Price 7 99

Brilliant Life Coach Annie Lionnet,2012-07-24 When it comes to life how many of us actually have a clear sense of direction You wouldn't set out on a journey without some idea of where you wanted to go and yet so many of us don't even have a goal in mind let alone feel confident enough to make it happen Brilliant Life Coach is set to change this In ten simple inspirational steps it guides you through the process of identifying what you really want and where you want to go right through to reaching your end goal and staying where you want to be BRILLIANT OUTCOMES Be the best you can be Feel optimistic and in control of your life every day Work towards the life you really want to live This inspiring book is a joy of practicality as the ever insightful Annie Lionnet empowers us to take the driving seat of life decide where we truly want to go rather than where others may lead and do it Dr Brenda Davies author of The RainbowJourney Journey of the Soul Unlocking the Heart Chakra and more **10 Steps to Take Charge of Your Emotional Life** Eve Wood, M.D.,2008-01-01 From the

best selling author of There's Always Help There's Always Hope Psychiatrist professor and award winning author Eve Wood trusts in your capacity to heal to clear the way to a natural state of hope harmony and well being The insights and tools she shares in this book will enable you to identify and resolve your issues Dr Christiane Northrup says this book is one of the best books I've ever seen on how to achieve emotional balance and happiness It's practical real world and very readable Dr Wood is my kind of doctor Dr Wood makes healing a simple process that anyone can understand She walks you through ten steps that encompass examples stories exercises and guidance You'll take stock of where you are and discover what you can do to transform your life You'll learn to address your negative thoughts and beliefs make life choices that fit your nature and develop strategies to support your innate capacity to heal Whether you suspect that you're suffering from a known condition or you simply want to understand yourself better this insightful book is a path a promise and a prayer for that truly transformative way of healing to begin *Take Charge of Your Life with NLP* Felix Economakis,2011-12-29 Do you find

yourself making the same mistakes or poor choices again and again Do you feel that you could make more of your life and be more happy and fulfilled In Take Charge of Your Life with NLP master NLP practitioner Felix Economakis reveals how our subconscious minds control a startling amount of our behaviour making us repeat unhealthy patterns dwell on unnecessary worries and make the same bad choices again and again This can cause a huge amount of mental conflict and unhappiness as

well as hold you back in life This book provides simple and easy NLP techniques for breaking these negative behaviours by creating a better working relationship with your unconscious mind You ll discover how to banish phobias and addictions improve your self esteem and motivation feel happier and more fulfilled and take charge of your life for good Coach Yourself Thin Greg Hottinger, Michael Scholtz, 2011-12-20 Today dieters are more frustrated than ever before Neither restrictive dieting nor a moderate middle of the road approach has curtailed the obesity epidemic As professional weight loss coaches Greg Hottinger and Michael Scholtz have developed a new weight loss paradigm that has produced impressive results for the Biggest Loser Club online members Hottinger and Scholtz s unique strategy helps readers identify the obstacles that are sabotaging their weight loss and gives them Five Stepping Stones to Change a series of physical emotional and social guidelines to help them break through their barriers Coach Yourself Thin will help you lose weight by giving you a sustainable nutritionally balanced eating plan laying out the basics of fitness and helping you create personalized workout strategies that fit your lifestyle providing tools techniques and hands on exercises for changing your habits Packed with success stories and solid instruction and inspiration Coach Yourself Thin is a guide to becoming self aware breaking the frustrating dieting cycle and designing a personal plan for lasting weight loss success **Take Charge of Your Life** Jim Koehneke MA, 2015-09-25 Take Charge of Your Life reminds us that we need not wait around to see what comes our way what the world has in store for us or which way the economy will go We are creators with free choice to use our gifts and talents in magnificent ways Seven chapter steps take you through a process in which you discover deeper levels of your unique purpose in life Once discovered life will feel like you have come home But the journey does not end there as you may need to claim a new paradigm identify your heartfelt commitments and intentions and put together a plan to manifest your desires As you take focused action you will find yourself smack dab in the middle of the game of life and loving each moment Take Charge of Your Life is perfect for these times When life circumstances seem to be going against you Jim Koehnekes seven step approach puts you back in the drivers seat to create the life you want to live Marci Shimoff NY Times bestselling author of Happy for No Reason

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