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powerful cognitive tools, this remarkable guide enables you to:

- Embrace change
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- Resist the lure of comfort foods
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in order to be creative. Paradoxically
creativity add-ons best when a strong
process structure is in place, a map in
order to guide you through creativeness to
action. To get around the

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self-sabotaging cravings, compulsions,
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own inner wisdom and experiences to determine what is right or best for you. Seeing yourself as a work in progress as you move towards the habits, behaviors and, ultimately, the life you want to live will help you take the necessary actions to do so.

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*What is Self-Coaching / The Mindful
Coach*

Self coaching and knowing the right questions to answer is the secret to a life by design. In today's hectic society, you may feel that you'd like more control over your life. Let's face it, most people do.

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