



Self Coaching Your Self-Mastery Road Map

By Michael Haro

iUniverse. Paperback. Book Condition: New. Paperback. 108 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book is for you! T. S. Eliot said it best, Only those who risk going too far can possibly find out how far one can go. Self Coaching is a process to help you: gather facts regarding your life situation and events, teach you how to center these facts in the here-and-now, and determine what you can do right now to influence productive outcomes. Self-Mastery is a power within that enables you to make critical choices, and put yourself in a position where you can continue to productively grow and develop. By processing and applying concepts in this book, you can accumulate the knowledge, generate an understanding, and develop action plans that can put you in positions of continuous prosperity. This book on self-mastery is the latest example of how cognitive-behavioral methods for personal change can be applied for success in your life. Follow the process of Awareness, Assessment, and Action proposed by the authors to gain new self-mastery. Discover within this book your path to self-change through knowledge, understanding, and behavior. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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