



You Can Change Your Life: A Workbook to Become the Person You Want to Be

Liisa Kyle

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REVISED AND UPDATED in 2017! You have the capacity to change on purpose. You can choose how you'd rather be operating and what you'd rather be thinking. You can make real, directed, personal change in your actions and mind-set.

YOU CAN CHANGE YOUR LIFE will guide you through a step-by-step process to make whatever change is important to you:

- * Is there something you are yearning to do, accomplish, or learn?
- * Do you want to curtail or quit an unhappy or unhealthy habit?
- * Do you want to do more of what you love -- and less of what you don't?

This workbook will steer you through the steps to make the real, directed, personal change you desire. It can also be used as a companion to other books or programs. If you are dieting or quitting smoking or beginning a new fitness regime, you can use this book to bolster your effectiveness in actually making those changes -- and making them stick.

It is developed by Liisa Kyle, Ph.D. -- a life coach, author and consultant with twenty years experience helping individuals, groups and organizations make effective, real, directed changes.

In this workbook, she's designed key questions and practical activities so you can:

- * know yourself better
- * understand the requirements to make real change in your life
- * identify what you really want
- * devise a detailed picture of the change you desire
- * take concrete steps to make it happen
- * overcome the natural resistance that will occur, and
- * follow through until the desired change occurs

Yes. You CAN change your life.

You Can Change Your Life: A Workbook to Become the Person You Want to Be Details

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