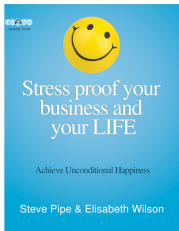


# CLIPPINGSTAR.COM Ebook and Manual Reference

## STRESS PROOF YOUR BUSINESS AND YOUR LIFE UNABRIDGED EBOOKS 2019



Author: Steve Pipe u0026 Elisabeth Wilson

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Be your own best life coach is an inspirational guide to help listeners take control of their lives and motivate themselves effectively so they can achieve their goals. Packed with advice to help listeners realize their ambitions and shrug off the fears holding them back, covering everything self-starters need so they can identify their issues and resolve them by acting as their own life coaches. u003cbr /u003eu003cbr /u003ePractical and instantly implementable, the advice includes ideas for staying true to yourself, ways to prioritise what is truly important (and get rid of what isn't), tips on performing spot checks and assessing progress, expert ideas for coping with stress and looking after yourself, tools for breaking projects down into manageable chunks that add up to big results, ways to remain resilient and learn from failure, motivation techniques for staying focused, and advice for accepting and loving yourself so you can realize your true potential.

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