



7 Easy Strategies You Can Use Today: To Create the Life You ve Always Wanted (Paperback)

By Cathy Warschaw

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you ready to start building your life by design.the life you ve only dreamed of.the life you ve always wanted? Here s your chance! In 7 Easy Strategies You Can Use Today To Create The Life You ve Always Wanted, Founder and Master Coach, Cathy Warschaw, of the renowned Up All Night Coaching platform says: The stresses of what s going on at home with our families, relationships (within and outside the family circle), work/career pressures life (global news right down to our own neighborhood) can be overwhelming and cause us to worry, become anxious and most certainly lose precious sleep! Cathy starts out giving you 7 easy strategies to get a handle on everyday fears and anxieties that keep you up at night, but she doesn t leave you there to go it alone! Now as never before, coaching is becoming a mainstream option for everyday people. As Cathy says, Problems or concerns never happen at a convenient time. Many times you wake up in the middle of the night, unable to sleep, worrying about stuff...



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