

《(90天重塑全新自我)Now What?》

图书基本信息

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内容概要

In *Now What?*, pioneering life coach Laura Berman Fortgang shares the process that she has used so successfully with hundreds of clients to help them make major changes in their lives. Whether it's moving on from a dead-end job, discovering an entirely new creative outlet, or answering the age-old question: "What am I meant to do with my life?"--this book shows how to identify what's missing in life, and how to set a clear course for realizing new dreams. Readers will learn from the success stories of Berman Fortgang's clients, including:

1. a woman who left her unfulfilling job to discover the rewards of doing motivational work with professional athletes;
2. a high-fashion shoe executive who found a more gratifying position helping adoption agencies around the world place children in need of homes; and
3. a highly paid corporate consultant who became a minister.

"Based on the assumption that many people are utterly dissatisfied in their lives, this straightforward volume attempts to help readers find what it is that they truly want and make a plan for getting it. Fortgang (*Living Your Best Life*) has designed a 90-day plan — with seven weeks (or 49 days) dedicated to discovering what it is they want, while the rest of the days are devoted to making it happen. She opens with a few anecdotes of clients for whom her strategy has worked; then she presents a sequence of chapters outlining week-by-week goals. In week one, for example, the focus is determining what the reader hates about her current situation, because 'what you hate gives a name to what you want.' In week eight, Fortgang addresses the idea that 'fear, doubts, and lack of training are molehills compared to the stopping power of the mountain we call money'; she then offers viable solutions for removing lack of funds as an obstacle, and in week 12, there's a guide to continuing where the book leaves off. Each chapter contains more anecdotes and specific exercises, which help make the goals practical and tangible and the idea of change seem possible."

From

Pioneering life coach Fortgang shares the process that she has used so successfully with hundreds of clients to help them make major changes in their lives.

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Width (mm) 150

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作者简介

Laura Berman Fortgang , is a pioneer in the life-coaching profession. A renowned speaker and the president and owner of InterCoach, Inc., a full-service life

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