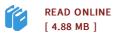




Navigating Tomorrow (Paperback)

By Rhona Post

Healer Coach, LLC, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What does a former presidential candidate have in common with a former prison inmate? This question and more is answered in the book Navigating Tomorrow. The subtitle says it all: A Self Change Manual. That is the starting point for author Rhona Post, Lifestyle Coach and Healer, as she leads readers on a journey through Change. What it is. What it isn t. And how you reinvent yourself after suffering a devastating loss - whether the loss is a career, a friendship, marriage, liberty, or your self-identity. Change is seen as the constant, whether we seek it out, or it finds us. With keen insight and real life stories, the Master Certified Coach identifies the three keys: vision, structure and skills that unlock the door to the mystery of reinvention so that you can more easily transition from being stuck in a rut to being able to take effective action. Navigating Tomorrow is not only valuable because of the themes that are developed, but Coach Post sprinkles practical magic in the form of Practices, Projects, and Coaching Tips, helping you move...



Reviews

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