



## Living the Life You Love: The No-Nonsense Guide to Total Transformation

By Paula Renaye

DIOMO BOOKS, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Wishing your life were different doesn't make it so. If you want to live a life that you truly love, it takes deliberate and soul-searching work to figure out what you really want, why you don't already have it and what you're honestly willing to do to get it. Like a best friend dispensing a little tough love, Paula Renaye wraps a sturdy arm around your shoulders, forces you to look in the mirror and says, You can do this. And then with a simple and practical step-by-step process, she shows you how to discover what's been holding you back and how to turn those limitations into life-transforming choices. Renaye combines engaging stories of her dark times and real-world experiences with concise, practical exercises that lead you to your own discoveries and insights. A guided coaching session pulls everything together, showing you how to define your dream life and map out how to get it. The book also includes detailed examples and instructions on how to create your own personal vision script and vision board and how...



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