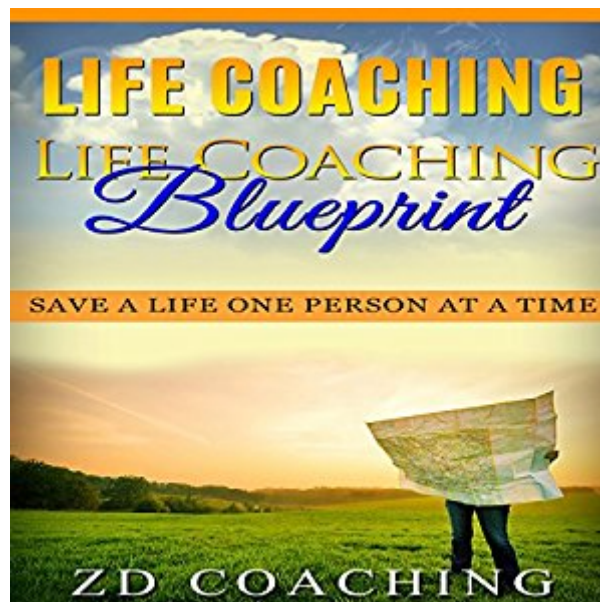




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Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (Bonus 30 Minute Life Coaching Session - How To Motivate, Inspire, Change Your Life)



Synopsis

It's time for you to learn the most advanced skills for becoming a life coach in a basic fundamental way. Having the power to help someone overcome any challenge is very rewarding, and it makes you look at the world in a completely different way. Becoming a life coach puts you in a position of massive opportunities. I have put together a book that goes over everything you need to know to become a life coach and lifestyle strategist. I have also added in the secret to becoming a successful life coach, which is how to market your products in the right way and how important video marketing is for your brand. Becoming a life coach has given me the power to speak in front of communities, schools, and businesses, and it all starts with the fundamentals. I can't explain how much my life has changed since becoming a life coach. It's all about setting up your lifestyle exactly how you want it and living it every day. This book will give you everything you need to know to start your journey.

Book Information

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Customer Reviews

Picked up some valuable lessons in this book. I particularly enjoyed the section on the Batman Walk. Although I have come across a similar exercise to this in the past, this is the first time that I have seen it framed that way. It is an interesting take. The author also talks about clearing limiting beliefs which is an important aspect that you can apply to your life even if you aren't trying to become a life coach. Overall very pleased with the book, there are many lessons you can apply to your life regardless if you are pursuing to become a life coach or not.

This life coaching book uses tried and tested strategies from the authors very own personal journey. At first glance some of the strategies he prescribes can seem daunting or uncomfortable, but as you read on you understand the concepts he employs are to really boost your confidence when dealing with clients and to help both you and the client relax and to let go of your egos. I've watched one of his confidence exercises being talked about on a TED talk and it's an exercise I use regularly day to day. To conclude, this book has some very actionable steps towards starting out as a life coach. The book includes activities to go through with clients and to practice on by yourself to help with future life coaching sessions. It's full of positivity and some great honest and personal touches from the authors own life.

As a trainer and part of the HR department of our company, coaching people is a part of our daily lives at work. You coached people not just about their work sometimes even about their own personal lives. Reading this book gave me a lot of ideas on how I can be a more effective coach at work and even outside work. It also helped me with understanding some of the issues I myself is going thru, like my hesitations in moving out of my comfort zone and just do what I always wanted to do. His words "being in the stuck in the middle of the fence and my fears stopping me from doing what I always wanted to do" kept repeating in my head. This book both inspired and challenged me to be a better version of myself. However, I saw some typographical error and grammar error though very few. Nevertheless, it's still an amazing book for me!

I have always had a passion for helping people and saving lives, so when I saw this book popped up on my I was very curious about becoming a life coach. This book has not only taught me the basics of being a life coach, but also excited my about the idea helping others achieve there dreams. This book contains powerful techniques to help yourself and others to achieve greatness. My favorite part of the book was when Zachary was talking about how doing the "Batman Walk" can make your day so much better. I also really enjoyed the "5 morning questions" that I should ask myself in the morning. I can't wait to start implementing some of these techniques into my life, and sharing them with my friends!

Life coaching is something that really can change a person's life for the better. I think that learning to be the best version of yourself and growing each and every day really is a rewarding experience

for an individual. This book talks about steps to being a life coach and also different concepts that could help someone's life such as power of personalities, how to create instant change, using pain & pleasure and state control. Overall, this book provides a positive outlook and encourages people to be the best versions of themselves!

This life coaching book is written by an experienced life coach to equip, encourage and human beings to take significant movement and make an effective distinction within the world. This is a great book, its purpose is to assist the people live better lives. gives brilliant suggestions on dating issues and general all around dating advice. I would recommend the following book for life coaching and business coaching. This book is very inspiring.

It is easy to become unmotivated when we don't enjoy every day life, or when our hard work goes unnoticed and we feel unappreciated. Sometimes it's important to be reminded that we can succeed, that we can get what we want and that we do have the strength to push through obstacles and overcome the challenges on the way."The "Life Coaching" guide could motivate you to: build happy, become more confident achieve life-long dreams feel happy.

The book contains very useful information for everyone who liked to become a life coach.even if you just want to help the people in your life, the information and exercise in this book can help you extremely!the book is very well written and the chapters are easy to understand.I would definitely recommend buying this book!, this book can chance your life!

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