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Take Yourself To The Top: The Secrets Of America's #1 Career Coach



Synopsis

A recent trend in personal development is life coaching: it's somewhere between having a personal trainer and a therapist, someone to check up on you and make sure you are doing what you need to do to achieve your personal and professional goals. Life coaches focus on the future not the past, they look at obstacles to success and fulfillment not to open them up for introspection but to overcome them and achieve goals. In this guide the author acts as the reader's own personal life coach. She shares her secrets for getting out of a rut, learning how to go beyond "just getting by" and taking charge. This book is for those ready to make the leap to the next level of success. Inspiring case studies of Berman's clients back up her tips. --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

Below are key excerpts from the book that I found particularly insightful:1- "If you are feeling stuck, you've got only yourself to thank. It means you missed signs that a change was due. You ignored the signs that were loudly screaming, "No, try something else!"not necessarily a new job, but a new strategy, tack, or latent skill. If you feel stuck, somewhere along the way you decided to put up with a lot--for whatever reason--and you have started sinking deeper and deeper into the Unconscious Zone."2- "Being a workaholic and deriving your value from how much you can rush through in a day and how many problems you can solve go hand in hand. If you can come to define yourself by who you are and not what you do, you'll be able to master your addictions to adrenaline and problems, and you'll be able to step off the treadmill for good. You'll establish a higher quality of life, and you'll

have the room to be the kind of leader you want to be...The next step in shedding your constant overwhelming and workaholic-on-a-treadmill tendencies will be valuing other people and including them in your success."3- "Increasing your leadership role in an organization should not mean taking on more than you can bear. It means increasing your scope and vision until you can effect the greatest change."4- "Get What You Want and Want What You Have: 1. Recognize and give up external expectations. 2. Start living by your internal wishes (what you really want). 3. Identify your values. 4. Reorient your life and work around your values. 5. Create a crossover plan if you need to. 6. Schedule a weekly time to review and strategize the implementation of your plan. 7. Get a lot of support. 8. Celebrate your new life!"6- "Go from Being Jammed to Being a Rainmaker: 1.

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