



The C.O.R.E. Journey: Unleash Your Power to Thrive (Paperback)

By Dianna Wright Phd

Outskirts Press, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Our values, purpose and choices write the story of the path we take through life. Whether we reach our personal summit depends on our capacity for mindful awareness of our values and the courage to adhere to them when tested. The CORE Journey offers simple practices and techniques to gain clarity around your true values and purpose, and gives you the tools to unlock your innate capacity to become your ideal self and create the life you desire. The CORE Journey is designed to help you: articulate your purpose, values, and vision; strengthen and solidify your internal power; employ optimal decision-making and problem-solving; engage value-based actions; develop mindful, empathic communication; enrich your relationships and; consistently reach your goals. The journey that this book invites you to embark on is for anyone that is deeply committed to sustainable personal and professional growth - from executives and managers, to sales people and professionals in a variety of fields, from athletes and business people, to teachers and administrators. It s for those individuals who sincerely want to enhance their happiness...



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