

1. Record Nr.	UNINA9910162860203321
Autore	Birmingham Rachael
Titolo	Savvy : Ingredients for Success
Pubbl/distr/stampa	Carlsbad, : Hay House, Inc., 2012
ISBN	1-4019-3374-2
Descrizione fisica	1 online resource (317 p.)
Disciplina	650.13
Soggetti	Conflict management Interpersonal relations Office politics Success in business
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover Page; Copyright Page; Title Page; Table of Contents; Thank you; Preface; Chapter 1: Life by design - how to achieve any goal; Chapter 2: The truth about life balance; Chapter 3: Self-created confidence; Chapter 4: Help! Is there a guru in the house?; Chapter 5: How to get moving and stay moving!; Chapter 6: Running a GLOBAL empire from your kitchen bench!; Chapter 7: Why not write a book? We've all got one in us!; Chapter 8: The secret and most important ingredient for all business success; Chapter 9: The latent super power most people never use Chapter 10: Combining a business you love with the loves of your life Chapter 11: Self-love, self-care, self-nurturing; Chapter 12: Keeping it real; Chapter 13: When the wheels fall of; Chapter 14: Life legacy; Appendix: Money-saving tips; References; Resources; Author bio
Sommario/riassunto	A book which provides advice for anyone who wants to balance a successful career and family life on their own terms, including designing the life you want, time management strategies, how to run a business from home and how to stay motivated.