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Nota di contenuto	COVER; CONTENTS; LIST OF EXERCISES; ABOUT THE AUTHOR; ACKNOWLEDGEMENTS AND PERMISSIONS; Foreword: Building your Future through The Art of Inspired Living; Introduction: A Letter to the Reader; PART I; PART II: THE 12 PRINCIPLES OF THE ART OF INSPIRED LIVING; PART III; PART IV; Appendix 1: Gains Diary; Appendix 2: The Inspiration Inventory; Appendix 3: Organizations
Sommario/riassunto	"This book is about learning to live your life more fully. It doesn't promise you abundant joy, the relationship of your dreams, untold riches or miracle cures. But what it does promise you is a comprehensive programme of personal development, change and growth that is highly effective. This coaching programme has been developed with two audiences in mind. The first is those who wish to coach themselves to success and who are confident about achieving positive results once they know the basic framework. The second audience is those who work as coaches and who are looking for new ideas and frameworks that they can build into their existing practice. Whatever has drawn you to this book - whether it is because you feel

you have reached a crossroads in your life, because you have a very specific goal in mind, or because you are a coach looking for some fresh ideas - there is something here for you."--Provided by publisher.
