

1. Record Nr.	UNISA996213398703316
Autore	Pearson Thomas &
Titolo	The Book of Me [[electronic resource]] : Life Coach Yourself to Success
Pubbl/distr/stampa	London, : Thorogood Publishing, 2002
ISBN	9781854182029, 1-85418-417-2
Descrizione fisica	1 online resource (194 p.)
Disciplina	158.1 650.1
Soggetti	Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	The authors; Contents; Introduction; How to use this book; ONE Take a stock of your assets: Carry out a personal MOT; TWO Take control of your life: Set your own goals (Whose life is it anyway?); THREE Manage your finances and create personal wealth; FOUR Me skills; FIVE My brilliant career: up the organisation; SIX Starting your own business; SEVEN Hell is other people; EIGHT Manage your health; NINE Get your family and social relationships right; TEN The new you: a personal vision statement; ELEVEN Record of personal improvement/achievement APPENDIX 'Touchstones' - habits and traits of the successful
Sommario/riassunto	Me-commerce is the mechanism by which you can develop and exploit your assets, skills and character to achieve personal and financial success. This is a manual to help you put yourself first for a change.