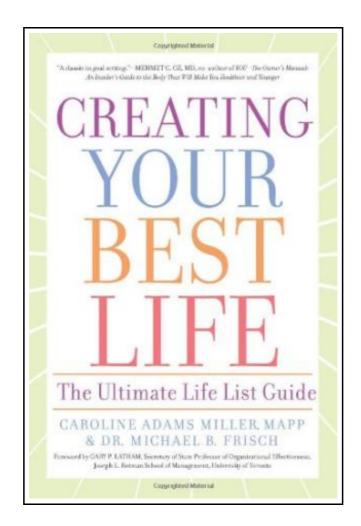
# Creating Your Best Life: The Ultimate Life List Guide



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# Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe. (Newton Runolfsson)

## **CREATING YOUR BEST LIFE: THE ULTIMATE LIFE LIST GUIDE**



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Sterling Publishing Co Inc, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. This is the only research-based book on the topic of goals and happiness that has found receptive audiences worldwide. Filled with interactive exercises and quizzes, it helps readers understand the link between goal accomplishment and happiness. In a step-by-step fashion, this book teaches readers how to coach themselves on how to set goals in 16 life domains. Creating Your Best Life is the only research-based book on the topic of goals and happiness and it has found receptive audiences worldwide. Filled with interactive exercises and quizzes, it helps readers set and accomplish life list goals and understand the link between goal accomplishment and happiness, also known as Positive Psychology. In a step-by-step fashion, this book teaches readers readers how to coach themselves on how to set goals in 16 life domains, as well as take control of their environment to maximise their chances of success.

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