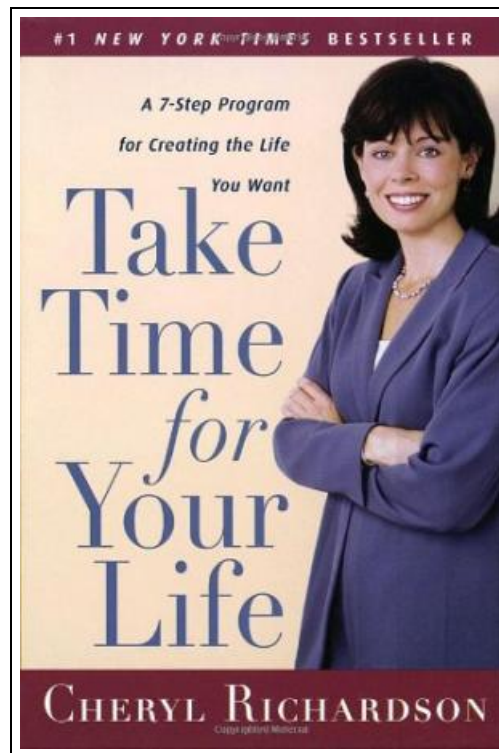


Take Time for Your Life: A Personal Coach's Seven-Step Program for Creating the Life You Want



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TAKE TIME FOR YOUR LIFE: A PERSONAL COACH'S SEVEN-STEP PROGRAM FOR CREATING THE LIFE YOU WANT



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New York, New York, U.S.A.: Broadway Books, 1999. Soft cover. Book Condition: New. Ingram: Richardson shares her program for shaping up one's entire existence--from finances to relationships--by discovering the habits that drain energy and tapping the ones that fuel a person with unlimited energy. --This text refers to an out of print or unavailable edition of this title. From the Back Cover Advance Praise for Take Time for Your Life: "Cheryl Richardson is a wise and loving woman. Her advice is as excellent as it is fun to read." --Marianne Williamson, author of *The Healing of America* and *A Return to Love* "Cheryl Richardson's *Take Time for Your Life* offers readers simple, easy-to-follow steps that help you replace life's anchors with sails. Cheryl shows you how to create a life you love, where you have more fun, money, and control." --James O'Shaughnessy, author of *How to Retire Rich* "With so much stimuli coming at us from every direction, we all could use some grounding and direction to help us get the most from our lives. We can learn the tricks from a master--Cheryl Richardson spent years as a personal coach and put together her best insights in this inspirational, easy-to-read, and clear book. Anyone who wants off the treadmill and into a purposeful life ought to pick it up." --Janet Luhrs, author of *The Simple Living Guide* "Take Time for Your Life encapsulates and shares Cheryl Richardson's coaching journey in a practical, easy-to-use guide that challenges the reader to live their life with integrity and meaning. She can coach me anytime--in fact she does!" --Lama Surya Das, author of *Awakening the Buddha Within* "As modern life becomes evermore dizzying, we all need a little coaching just to get through the day, let alone find our soul places. In *Take Time...*



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