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BE HAPPY NOW: CLAIM THE LIFE YOU DESERVE (PAPERBACK)



Katie B Smith, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Katie B. Smith places a spotlight on areas that need further development to strengthen one's ability to make smarter decisions and reach desired outcomes. I now have more fulfilling relationships, career opportunities, and a genuine expression of myself. If you are stuck envisioning your next chapter and are willing to do the work, Katie's integrative method will enhance you, your mission and your life! - Elaine DiLisio, President, Cordillera Advisor Group Everyone wants to be happy, yet most are preoccupied with stress, over-extension, and discouraging thoughts. While appearing to be successful, they feel stuck and plagued by negative self-talk. For the first time, certified executive coach, Katie B. Smith, shares her sought after professional guidance with the masses. In this book, you receive her strategies to move beyond fear and into the conscious choice of embracing fulfillment, love, and happiness - even amidst challenges. Hone the practices to: - Move from tolerating to accepting - Break negative thinking - Live with ease and less stress - Have fun, pleasure, and joy - Acknowledge and love yourself - Create a new personal and professional future Katie B. Smith speaks from the creative space of inner wisdom, years of corporate experience, and her journey into wellness, meditation and yoga. Her information is communicated in the language of the business world, but with a Zen twist - from the inside out. Her Results Focused Coaching shines a light on the person, not issues. Katie works with business owners, senior executives, and career professionals in the art of integrating their body, mind and heart to harness happiness and have the life and work they deserve. To learn more, please visit.



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