



# Be Your Own Life Coach: Teach Yourself

*Jeff Archer*

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# Be Your Own Life Coach: Teach Yourself

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## **Be Your Own Life Coach: Teach Yourself** Jeff Archer

This is an ideal book for all those who've been wanting to reap the many benefits of personal lifecoaching, but who lack the resources or time to fund a one-to-one relationship. It takes the principles of life coaching and, in a practical yet inspiring manner, shows you how you might apply these to every area of your own life. Covering everything from career development to personal relationships, appearance and money management, it offers a program of change and progress for each area, while encouraging you to examine your own beliefs, confidence and motivation to ensure that change is for the better and for the long-term. Balancing interactive and practical resources such as diaries and checklists with such helpful material as review programs, reward structures and case studies in success, and authored by a qualified life-coach, it offers you all the great benefits of coaching at a fraction of the price for an individual coach.

### NOT GOT MUCH TIME?

One, five and ten-minute introductions to key principles to get you started.

### AUTHOR INSIGHTS

Lots of instant help with common problems and quick tips for success, based on the author's many years of experience.

### TEST YOURSELF

Tests in the book and online to keep track of your progress.

### EXTEND YOUR KNOWLEDGE

Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of how to be your own life coach.

### FIVE THINGS TO REMEMBER

Quick refreshers to help you remember the key facts.

### TRY THIS

Innovative exercises illustrate what you've learnt and how to use it.

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