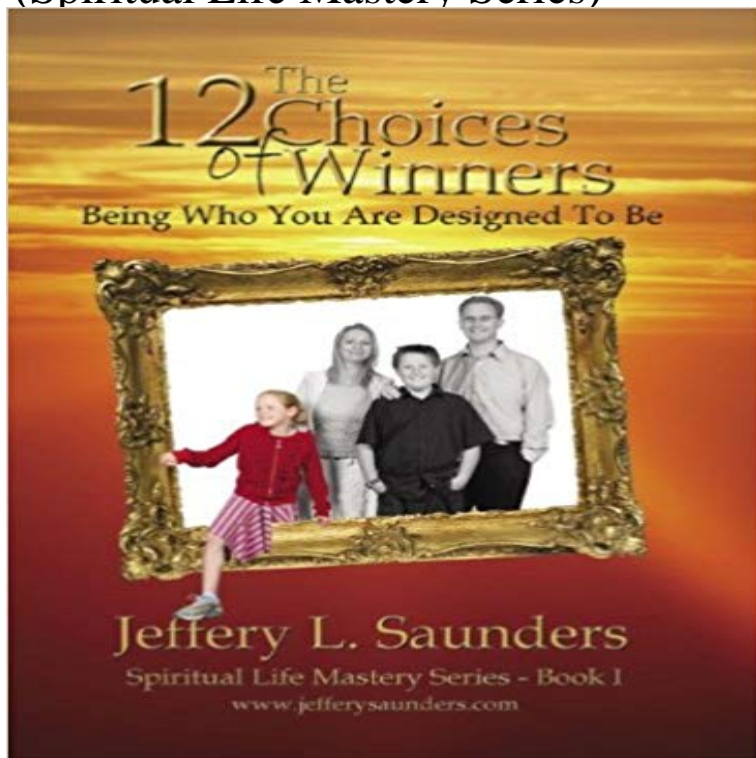


The 12 Choices of Winners: Being Who You are Designed to be (Spiritual Life Mastery Series)



Your Complete Personal Development Companion Want to change your life! Here's how it's done. The 12 Choices of Winners will help you become aware of what you love, need, have passion for, and want to become. No matter what is going on in your mind, emotions, behaviour, or life in general, you will get tips for turning struggle, disharmony or feelings of failure into empowerment and success. What will it be like for you to know exactly what you want from life and how to get there? How will you feel when you know how to listen to your own advice rather than that of others, and have the courage and confidence to follow it? This book has changed the lives of people before even getting officially into print! And it can change yours too. When couples get into conflict, an inability of one or both partners to address personal issues is almost always behind their presenting problems. As a couples therapist, the author knows well the steps needed to address these patterns of unhelpful behaviour that individuals bring to their partnerships. Here is a guidance system for improving your relationships, career, self-confidence or rekindling your passion for life. Spiritual teachers, psychotherapists, researchers and the author's clients and students have all contributed to this complete guide to personal development. You will discover how easily you can: Be yourself, fully and powerfully, not a clone of others or of dogma; Take charge of your mind, rather than have it take charge of you; Become less reactive and work with unhelpful unresolved issues; Manage your feelings so that they support you, not get in your way; Be who you were designed to be, and passionately live your true life; Create the reality you want; change unhelpful realities plaguing your life; Implement strategies handed down by generations of spiritual teachers; Live your life your way, doing what works for you (rather than

others);? Be in control of your life, rather than feel controlled by life. Jeff Saunders has taught personal development and trained others in this field for over twenty years. He's a counsellor, psychotherapist and life coach in private practice, and has trained counsellors, teachers and business people in the fields of communication, personal or professional development, and couples relationships. He's written numerous articles for magazines on relationships and personal development, usually with a spiritual focus. Explore these on www.couplescounselling4u.co.nz, and www.jefferysaunders.com. Paula Smulders is a full-time artist painting everything from surrealistic landscapes to portraits. Her work can be seen on <http://paulasart.co.nz>.

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