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Living Larger Than Life 1.0: Conversations for Transcending Limitations

By John Hook

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.In 1984 John Hook was the first Ambition Coach, and Self-Coaching Coach certified in the world. Living Larger than Life rises from 30 years of coaching and field research through which Hook offers insights into a wide variety of disciplines which offer strategies with which someone can exceed limitations they've lived with for far too long and reach to the possibilities they desire for the future. Hook provides an everyday understanding of self-help traditions which open doors to enhanced futures - larger than the lives we have already. On the journey, Hook lays out a set of linguistic markers, distinctions as he calls them, with which to observe the internal workings of every discipline, tradition, and new strategy out there for living the good life. Hook provides example, personal and professional, in an entertaining journey through Developing A New Identity, Health, Energy, Learning, Body Building, Motivation, Ambition, Well-Being, Personal Power, breakthroughs in Positive Psychology, High Performance athletic training, super learning, passion, and emotion. In addition Hook unfolds new and effective traditions in relationship enhancement, energy versus time...



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