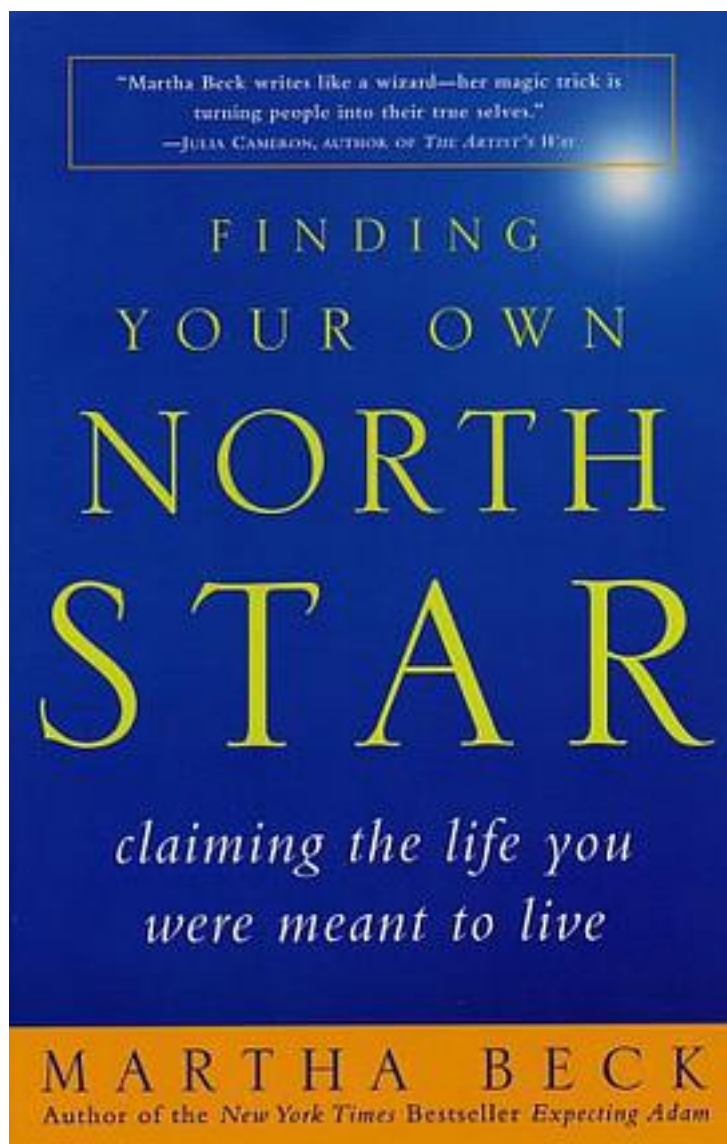


Finding Your Own North Star



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“Explorers depend on the North Star when there are no other landmarks in sight. The same relationship exists between you and your right life, the ultimate realization of your potential for happiness. I believe that a knowledge of that perfect life sits inside you just as the North Star sits in its unaltering spot.”

Martha Beck has helped hundreds of clients find their own North Star, fulfill their potential, and live more joyfully. Now, she shares her step-by-step program that will help you take the exhilarating and frightening journey to your own ideal life. Finding Your Own North Star will teach you how to read your internal compasses, articulate your core desires, identify and repair the unconscious beliefs that may be blocking your progress, nurture your intuition, and cultivate your dreams from the first magical flicker of an idea through the planning and implementation of a more satisfying life. Martha Beck offers thoroughly tested case studies, questionnaires, exercises, and her own trademark wit and wisdom to guide you every step of the way.

作者介绍:

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评论

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书评

近水楼台先得月——又尝到了这个甜头。细细读来，惊奇地发现作者居然本科时学的是中文，她觉得中文很有挑战性，晦涩难懂、发音复杂，于是一直很刻苦地学习，但是最后发现自己不是那块料，也就是中文不是她的NorthStar，后来她认识到以后就调整了方向，慢慢地她找到新的目标，成...

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