

Lifespring : Getting Yourself From Where You Are to Where You Want to Be



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著者:

出版者:

出版时间:

装帧:

isbn:9780671646431

Fifteen years ago, John Hanley stood up in front of 25 people and conducted the first Lifespring training session. Today, Lifespring is one of the largest and most successful personal effectiveness training programs in America. with training centers in 13 cities and more than 300.000 graduates. And now. with this remarkable book. you too can reap the benefits of Lifespring training and realize the achievement

of your dreams.

Independent scientific research has documented the positive changes produced by Lifespring training and has shown that these benefits are lasting.

Lifespring: Getting Yourself from Where You Are to Where You Want to Be distills the essentials of the Lifespring Basic Training course in book form. It is guaranteed to challenge and to change--the way you see yourself relate to other people, and go about achieving your goals. With Lifespring, you'll find renewed self-confidence and an invigorating openness to new possibilities that will enhance the quality of your life in all areas.

Drawing on examples from the real-life experiences of Lifespring graduates, John Hanley takes you step-by-step on a unique journey of self-discovery. You'll learn to harness the power within you and transform your life as you move through the Lifespring training, which features dozens of proven techniques and illuminating exercises, including:

~ A series of questions that reveals how you

think, how you see the world and who you really are

~ Ways to realize new life possibilities

through nontraditional thinking and learning

作者介绍:

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