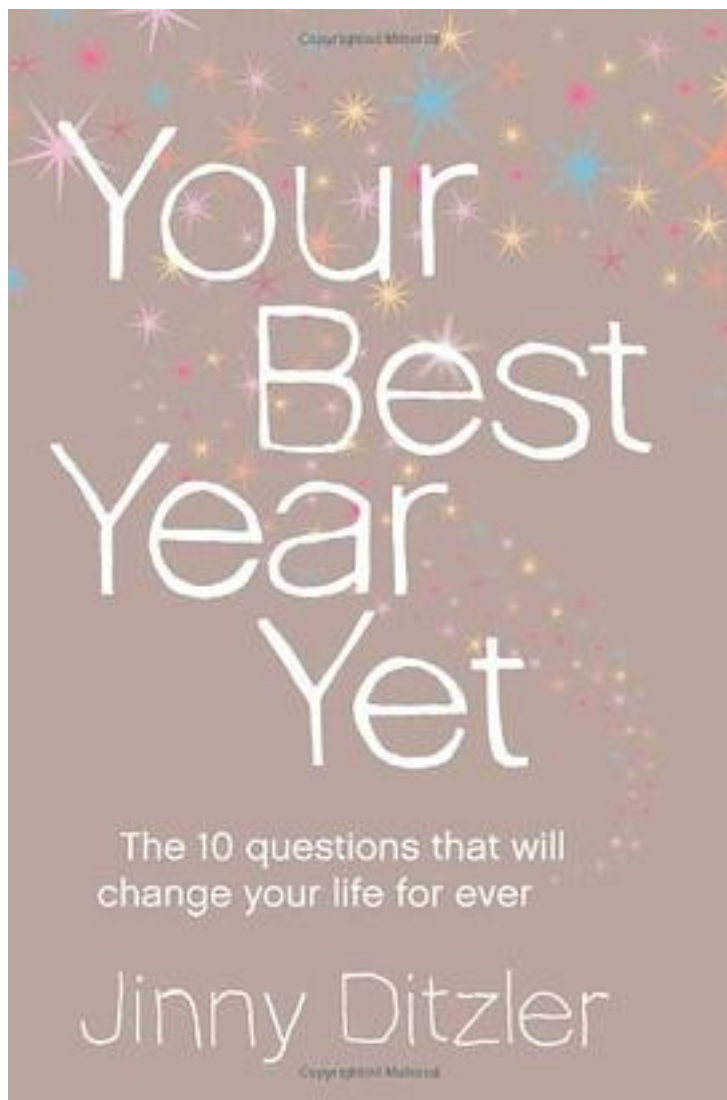


# Your Best Year Yet



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著者:Ditzler, Jinny

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A new edition of this best-selling book. Your Best Year Yet is the perfect guide to help you realise goals and overcome last year's limitations. The proven methods in the book will make this year into the most successful ever. Your Best Year Yet is the perfect handbook to help people realise their goals in 12 months. Jinny Ditzler has almost two decades of experience with the Best Year Yet programme. Her results are inspiring; in this clear-cut guide anyone can set aside three hours of their time and transform their life. Your Best Year Yet asks you challenging questions about your expectations, accomplishments and goals for the future. It is not until you take time to sit down and really think about what you want out of the next year that you can start working towards your goals. Ditzler asks us to outline our accomplishments, disappointments, limitations, personal values, goals, our roles in life and shows us how to develop our own programme to achieving our goals and learning from our mistakes.

作者介绍:

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评论

The new year resolution is not to have a new year, but to have a new soul～非常棒的一本书，强烈推荐～

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书评

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