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Change One Thing!: Make One Change and Embrace a Happier, More Successful You

By Sue Hadfield

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Change One Thing!: Make One Change and Embrace a Happier, More Successful You, Sue Hadfield, A self-help manual on creating reasonable, achievable improvement in your life In our attempts to overachieve, many people find themselves frustrated because they cannot relish in their own successes. Though these professionals may reach their goals of job titles and financial stability, they often sacrifice their personal and family lives and discover deep dissatisfaction. In Change One Thing!, self-help author Sue Hadfield outlines the necessary steps to address the disillusionment that has become a common problem in our work-driven society. While whirlwind change can be overwhelming and unrealistic for a modern worker with a family and responsibilities, Hadfield asserts that a determined person can bring about an impactful change in his life by simply altering one aspect of it. * Teaches readers to avoid emotions of hopelessness and panic associated with changing too many aspects at once * Details a step-by-step plan to make a meaningful change * Shares real-life examples of people who successfully altered their lives Those who recognize that professional success is less fulfilling than other facets of their lives will..



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