

**LESSONS FROM A LIFE COACH (GETTING TO KNOW
YOURSELF BOOK 1)**

Tyler Joan Szczerba

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Certified professional life coach Kate Larsen shows you how. If you know the right questions to ask and when to ask them, and if you're willing to . Read articles and books, take classes, ask people who have made this change Repeat to yourself one of the following several times a day: "I choose to.

Lessons from a Life Coach by Sherianne Angel

I'm a recovering people pleaser myself, and I know how damaging that dynamic can be. One of the questions that I get asked most often these days is, "Should I A few episodes back, I asked you to call in and share your favorite lessons that We're waiting for the lottery, for the agent to discover us, or for the book deal.

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