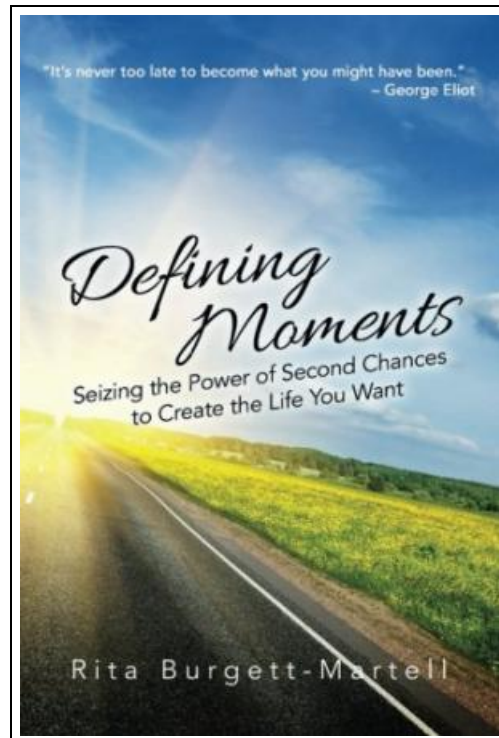


## Defining Moments: Seizing the Power of Second Chances to Create the Life You Want



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## DEFINING MOMENTS: SEIZING THE POWER OF SECOND CHANCES TO CREATE THE LIFE YOU WANT



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There are moments in life when change creates the opportunity for you to take a different path. The choices you see and the decisions you make in those moments define the future course and direction of your life. You have a second chance to become what you might have been, if you had made different choices. Often, however, the fear of change will prevent you from seizing the moment to create the life you desire. In *Defining Moments*, the author provides personal examples and proven techniques that will inspire and prepare you to evaluate what's important to you now, and explore the option of choosing a new path that will lead to a life that is a more fulfilling life for you. After reading this book, you will see choices you didn't see before, feel confidence you didn't feel before and be ready to take actions you haven't had the courage to take to create the life you desire. Lack of clarity, limiting beliefs and fear of change will no longer prevent you from experiencing the life you were meant to live. *Defining Moments* is divided into three main sections: Part One: Achieving Clarity: What Do I Really Want? includes chapters on Change, Choices, Vision and Values. Part Two: Preparing for Success: Breaking Through Barriers, includes chapters on Beliefs, Decisions and Relationships. Part Three: Embracing the Future Waiting for You: How to Create the Life You Want, includes chapters on Action, Power, Expectations and Transformation. *Defining Moments* also includes an Appendix where all exercises and thought-provoking questions are compiled in one section that the reader can use as a workbook. The practical guidance Rita...



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