



## Get a Life: Setting Your Life Compass for Success

By Nicholas Bate

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Get a Life: Setting Your Life Compass for Success, Nicholas Bate, aeo Get a Life focuses on raising self--awareness and finding proactive ways to improve your life. aeo Guides you through six key areas of your life: Career, Mind/Body, Finance, Relationships, Fun and Contribution. aeo Features text case studies and challenge points all designed to help you get to the heart of what it is that motivates you and what you wish to achieve. aeo Challenges you to reflect upon the way you think and behave and provides strategies for implementing changes. "Get a Life adds new and compelling dimensions to the idea of personal effectiveness both at work and at home. It balances some a killer appa personal productivity tools alongside tremendous insights to manage your life goals and excellent advice on physical and mental well--being to achieve a winning performance--indispensable. Mike Dunlop, HR Mananger, Sun Microsystems.



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