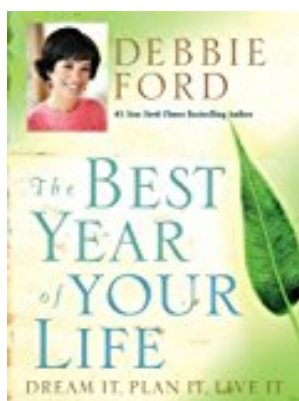


[PDF] The Best Year Of Your Life: Dream It, Plan It, Live It

Debbie Ford - pdf download free book



Books Details:

Title: The Best Year of Your Life: D
Author: Debbie Ford
Released: 2005-12-13
Language:
Pages: 224
ISBN: 0060832940
ISBN13: 978-0060832940
ASIN: 0060832940

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

Debbie Ford's straightforward, heartfelt style makes an old-fashioned idea seem fresh in *The Best Year of Your Life*. Her concept of "dream it, plan it, live it" is a detailed version of advice we've all heard about the need for clear plans, firm action and a refusal to be sidetracked--but with her gentle voice and step-by-step suggestions, the message comes across in a new way. In particular, her advice on creating mental snapshots of specific memories provides an excellent new technique for the ages-old concept of living in the moment.

Each of the three short sections include writing activities to help track your own process and short, regular affirmations that, if made part of a daily routine, can assist you in staying the course you plan for yourself. She demands plenty of honesty with yourself, and refuses to allow excuses any room on a regular basis. The result is a refreshing mix of support and toughness that lets you set your own pace as you work to map out your life goals and aim towards acting with what Ford describes as "conscious intent".

A number of stories from her own life and clients are included, and provide inspiration for readers at different stages. The examples cover a wide range, from losing a few pounds and keeping it off to making explosive changes in a relationship or career, and the resource guide that finishes the book is a welcome accompaniment if you're looking for more details on a specific technique references in one of the stories. --*Jill Lightner* --This text refers to an out of print or unavailable edition of this title.

About the Author

Debbie Ford is the national bestselling author of *The Dark Side of the Light Chasers*, *The Secret of the Shadow*, *Spiritual Divorce*, *The Right Questions*, *The Best Year of Your Life*, *Why Good People Do Bad Things*, and *The 21-Day Consciousness Cleanse*, and a coauthor of *The Shadow Effect*. Ford conducts workshops and trainings around the world supporting lifelong personal, emotional, and spiritual education and transformation. She lives with her son in San Diego, California.

- Title: *The Best Year of Your Life: Dream It, Plan It, Live It*
 - Author: Debbie Ford
 - Released: 2005-12-13
 - Language:
 - Pages: 224
 - ISBN: 0060832940
 - ISBN13: 978-0060832940
 - ASIN: 0060832940
-