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~~that improved my~~
~~life! (apps,~~
~~books, skincare)~~

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should read at
least once in
your life time.5

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of All Time (+ a
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Idea From Each!)

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~~8 books that
WILL change your
life~~ **Take Time**

For Your Life

Cheryl

Richardson's

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"Take A Time For
Your Life" is a
7-step coaching
book about
living a more
productive and
fulfilling life.
And, who
wouldn't want
that?? The
entire basis
that most people
are enormously
busy, stressed

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life cut off from
"real life" is
right on, and it
doesn't make you
feel like you're
on your own.

Take Time for Your Life: A Personal Coach's 7-Step Program

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Cheryl Seven
Richardson.

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Cheryl

Richardson helps
people create
the lives they
want. In Take
Time for Your
Life, she shows
you how to
switch from
being stressed,
unfulfilled, and

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overworked, to
“living a life
you love” by
using a seven-
step process.

Packed with
useful

exercises,
checklists,
personal
stories, and a
wealth of
resources,
Cheryl

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Richardson's
program will
show you how to
step back,
regain control,
and make
conscious
decisions about
the ...

**Take Time for
Your Life -
Cheryl
Richardson**

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Step 1: If you think "selfish" is a dirty word, learn to practice extreme self-care--put yourself at the top of the list... Step 2: If your schedule doesn't reflect your priorities, stop reacting to life and take

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Life A Seven
Step

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Your Life by
Cheryl
Richardson**

Whether you're a
corporate
executive
working sixty
hours a week, a
single parent
trying to raise

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Life, Seven

Step

Programme For

Creating The

Life You Want

Time for Your

Life shows you

how to step

back, regain

control, and

make conscious

decisions about

the future you'd

Read Book Take Time For Your

like to create.

Richardson's
strategies for
overcoming the
obstacles that
block you from
living the life
you want will
help you
discover a world
in which your
priority list
reflects your
true desires.

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**Take Time for
Your Life: A
7-Step Program
for Creating the
Life You Want**

Packed with
useful
exercises,
checklists,
personal
stories, and a
wealth of
resources,

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Cheryl Seven

Richardson's

program will

show you how to

step back,

regain control,

and make

conscious

decisions about

the future you'd

like to create.

Take time for

your life—and

begin living a

Read Book Take
Time For Your
Life that you
love.

**Take Time for
Your Life: A
7-Step Program
for Creating the**

...

The program
outlined in Take
Time for Your
Life is
realistic and
sensible. Step

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by step the
author guides
the reader
through the
process of
taking care of
your whole self
- by covering
topics such as
relationships,
environment,
body, mind, and
spirit, work,
and money.

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Life A Seven
**Take Time for
Your Life book
by Cheryl
Richardson**

On Take Time for
Your Life, the
inspiring author
and life skills
coach Cheryl
Richardson helps
you restore
balance and
sanity to your

Read Book Take
Time For Your
daily schedule,
allowing you to
put your energy
into the
projects and
people you
believe in the
most.

**Take Time for
Your Life –
Sounds True**

Take a little
time each day to

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walk alone,
write, read, or
do whatever you
need to build a
reserve of calm
and comfort.
Then you can
show up—all the
way—for the
people you love.
There's no time
for guilt about
who we are and
what we

Read Book Take Time For Your

Life—especially
when it comes to
loving up our
people.

**7 Ways to Take
More Time for
Yourself and
Stop Feeling ...**

Excerpted from
Cheryl

Richardson "Take
Time For Your
Life" (1999)

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Check all that
apply to you

RELATIONSHIPS:

_____ There are

people in my

life who

continuously

drain energy

_____ I have

unreturned phone

calls, emails,

or letters that

need to be

handled

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Life A Seven
**Life/Work
Balance Self-
Test What's
Draining You?**

Take Time for
Your Life, Life
Make-overs,
Stand Up for
Your Life, and
The Unmistakable
Touch of Grace.
She leads a
large Web

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community at www.cherylrichardson.com, which is dedicated to helping people around the world improve their quality of life.

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Care he Art of
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executive
working sixty
hours a week, a
single parent
trying to raise
a family,

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someone starting
his or her own
business, or
going back to
school, Take
Time for Your
Life shows you
how to step
back, regain
control, and
make conscious
decisions about
the future you'd
like to create.

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Richardson's
strategies for
overcoming the
obstacles that
block you from
living the life
you want will
help you
discover a world
in which your
priority list
reflects your
true desires.

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On Take Time for
Your Life, the
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coach Cheryl
Richardson helps
you restore
balance and
sanity to your
daily schedule,
allowing you to

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life. Put your energy

into the

projects and

people you

believe in the

most. Here is a

blueprint for

action that

makes sense for

everyone: from

the busy

professionals -

to single

parents - to

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adult students,
and anyone else
struggling with
the conflicting
demands of
family, career,
and purpose.

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the most
important
relationships of
all—the
connection to
your inner
wisdom, the
voice of your
soul. Create a
personal
practice and
spend time every
day nurturing
your spiritual

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well-being.
CHAPTER 8 Your
New Life More
websites and
books to support
you in your new
life of
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If you feel like
you don't have

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enough time
during your day
to relax and
devote yourself
to things you
like to do, then
it might be a
good idea to
create the time
you need
instead. Wake up
a few...

How To Fit More

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**Time For
Yourself Into
Your Life -
Bustle**

With Take Time
for Your Life,
author and life-
skills coach

Cheryl

Richardson helps
listeners

examine their
out-of-balance
lives, and

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professionals to

single parents

to adult

students - and

anyone else

struggling with

the conflicting

demands of

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family, career,
and purpose.

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inspiring,

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the life you
want. Step 1: If
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"selfish" is a
dirty word,
learn to
practice extreme
self-care—put
yourself at the
top of the list
and everyone

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Life will
benefit!

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**Your Life: A
7-Step Program
for Creating the
Programme For**

To lead a
satisfying life,
take some time
to reflect on
the things
below. 1. Focus
on the positive.
It's easy for
anyone to get
caught in the

Read Book Take
Time For Your
negativity trap
– constantly
dwelling on what
needs to...
Creating The
Life You Want

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