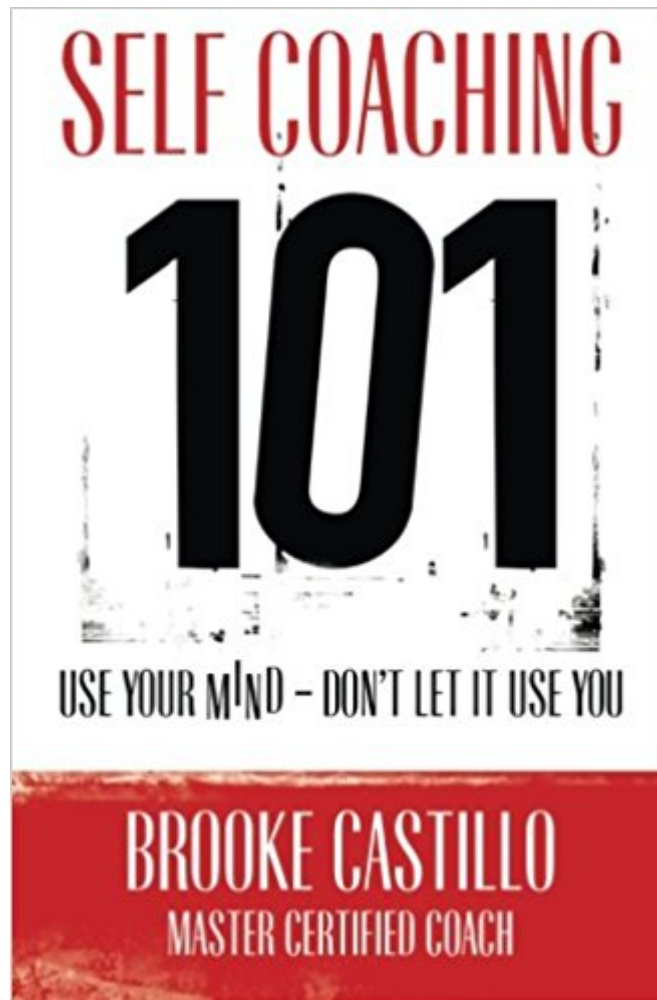




The book was found

Self Coaching 101



Synopsis

Self coaching is about feeling better. It really is that simple. Everything we do in our lives is because we want to feel better. When we give-it feels good. When we help others-it feels good. When we accomplish something-it feels good. Whenever we feel bad-we are usually seeking a way to feel good. The reason we want to feel good, is because it is our true nature. Alignment with our spirit-our true essence-the God within us feels good. It feels peaceful, joyous, honest, abundant and free. Through coaching ourselves we can feel good much more of the time. By coaching ourselves we find what is not working in our lives. We find that trying to change the external circumstances to change how we feel is impossible. We learn that fighting our emotions or trying to deny them only makes them bigger. We find that our thinking is the most important thing we can pay attention to in order to feel better now. By taking a peek into our own minds we can find the cause of all our suffering. We can see how we block our joy with outdated and untruthful thoughts and beliefs. By just being in this place of awareness we have aligned with our true nature and can observe the patterns of our lives. Hiring a coach can be an amazing experience. Having someone who is already "outside" of your mind give you a different perspective to consider is often the first step in change. But ultimately, it is the process of shifting your own perception with your own awareness that will create non-dependent freedom. This is why I feel so strongly about learning how to apply these simple self coaching tools in your own life and on your own mind. If you are willing to do the work now-it becomes a way of being. You will step into a life that is lived with awareness and consciousness because each time you feel any negative emotion you see it as a signal to coach yourself and realign with the true essence of you. Self coaching 101 teaches you the basics of how to do this. And the basics are enough.

Book Information

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Customer Reviews

Brooke's teaching is incredible. If you want to learn how to manage your mind, clear the clutter and be who you were created to be, this book is for you. Her work can change your life if you're willing to put in the work and time.

An easy and practical way to apply the technique to manage negative feelings and change your thoughts to obtain a more positive outlook. Has workbook pages so much more helpful than the e book.

Similar information to what Brooke provides in her podcasts at [...]. Well worth reading.

Has been very helpful in re framing my thought patterns. Highly recommend!

Brooke is a Great and Amazing life coach! ^.^,,

Brooke Castillo is one of the best. I love her. Her ideas are simple but very powerful. Everything she writes amazes me!

Great Book, still reading

Love love LOVE Brooke!

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