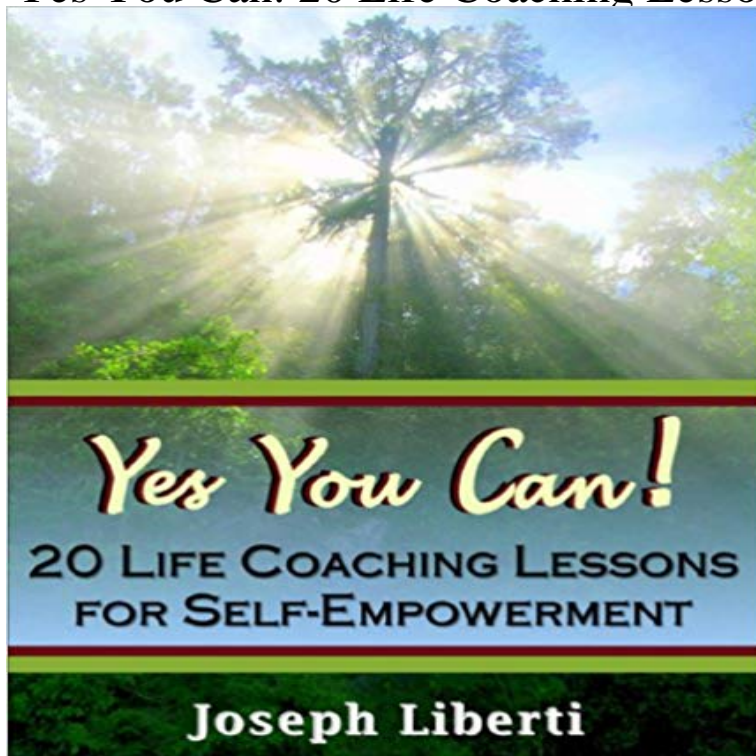


## Yes You Can: 20 Life Coaching Lessons For Self Empowerment



Yes You Can offers motivation and simple practices to access ones authentic wisdom, and make new choices that create success and happiness. In each lesson, emotional intelligence expert and coach Joseph Liberti provides keen perspective on a typical life challenge. Using self-coaching, the reader gains fresh insight, identifies new options and takes purposeful action to create positive change. The techniques can be used to get unstuck and get moving again and to develop skills for life.

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