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A New Pair Of Glasses



Synopsis

A New Pair of Glasses is based on the latest findings from the field of positive psychology which the author defines simply as 'building the best possible version of you'. It has been designed to help you achieve enduring happiness in a way that is entirely authentic to yourself: walking your own path rather than trying to be someone or something you are not. The content draws on wisdom from the fields of NLP, Personal Development and the emerging discipline of Positive Psychology; combining to produce one easy-to-follow program that you can carry with you for the rest of your life. Developed by Ken D White M.Sc., this practical guide to self-fulfillment will take you step-by-step along the road toward becoming the best possible version of yourself - walking your own path by aligning your character strengths with how you would like your life to be.

How it works This clear and structured program will guide you through a series of fourteen exercises, covering a wide variety of topics including:

- How to identify the key pillars that on which your life is based
- Recognise your personal strengths
- Identify the controllable factors that will help you discover your personal path to enduring happiness
- List the key decisions that led you to where you are today
- Plan and reach clear, achievable goals
- Strengthen your key relationships
- Create and prioritise your personal action list
- Manage a personal diary that can be used for planning the future with ever increasing satisfaction.

A New Pair of Glasses will help you discover the motivation and confidence that exists inside all of us, unlock your true potential and discover your own true path to fulfillment and enduring happiness.

Is this program right for you? To discover if you are capable of changing your life and unlock your inner potential for happiness and well-being, ask yourself the following questions:

- Would you like to make some changes in your life?
- Would you like a structured approach to your personal development?
- Do you want to avoid psycho-babble?
- Are you willing and able to invest the necessary time and effort in yourself?
- Do you have access to a computer?

If you can say Yes, then you are ready to start building the best possible version of yourself.

Book Information

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Customer Reviews

A New Pair Of Glasses Review I am a firm believer that A goal isn't a goal until it has been written down and time has been spent planning, analyzing, and organizing ways to reach that goal. The same applies for our personal lives. How can we expect to better ourselves without taking an active role in analyzing, organizing, planning and taking action on self development. Many of the helpful activities in A New Pair of Glasses are the same activities I did when I transitioned out of the traditional work force into the life of an entrepreneur at a young age. While reading this book it caused me to reflect on the fact that I have not redid my current goals and taken time to reflect since I made my transition years ago. A New Pair of Glasses really helped me to effectively reflect, analyze , plan and decide how I want to take action on the many new things I have ahead. This book as gave me excellent insight on how to apply my strengths to achieving optimal results. The final exercises in the book help you break down the exercises to help you hourly, daily, weekly and monthly. This book was a pleasure to read I would definitely recommend it to my Family! Cheers

This was touted as a "new pair of glasses" the title by Chuck D. Not the book I was expecting. Not happy at all.

Very interesting approach so far. I've heard nothing but good things about this book from my peers.

I ordered this book by title , as the book I wanted was the same title. I did not want this book, and it was not helpful for my purpose. I took it off my device

good book

Why has he stolen the title from a great Berkeley and not chosen his own If he is such a good writer could he at least think of his own title?

This book is not the original "New Pair Of Glasses" but has lifted the title of that AA masterpiece. Do not buy.

Nothing new or original. Not even presented in a new way.

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