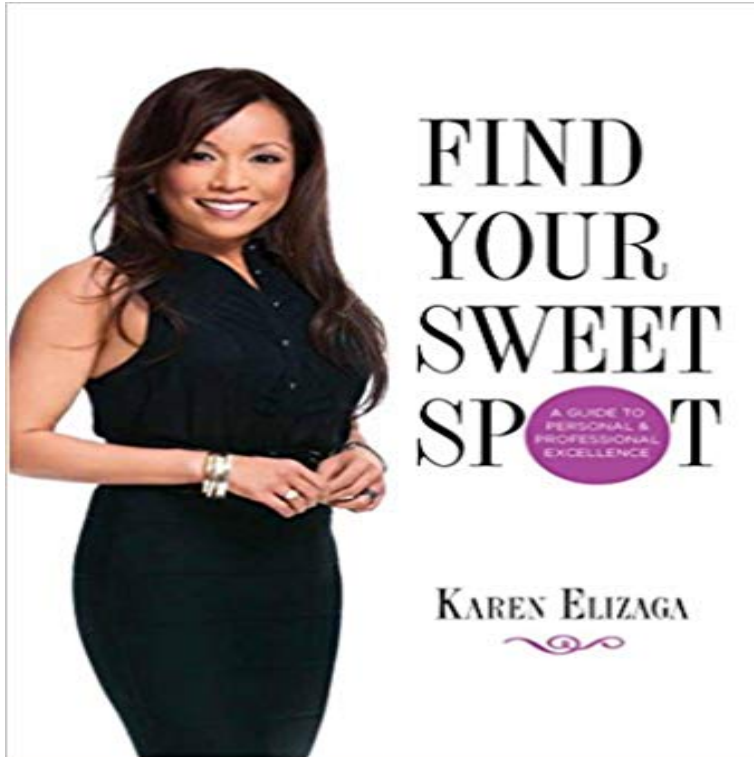


Find Your Sweet Spot: A Guide To Personal And Professional Excellence



This smart, stylish motivational guide helps readers discover their dreams and true potential via an action plan based on the coaching strategies of an executive coach. Finding ones sweet spot means digging deep for new levels of self-understanding and re-prioritizing ones life to align with ones inner excellence. Written to make readers feel they have access to their own personal coach, the book leads them through a series of inspiring stories, practical steps, and sweet spot checks designed to spur personal and professional growth. Find Your Sweet Spot consists of four parts--The Sweet Spot Strategy, The Sweet Spot Inside, The Sweet Spot Outside, Integrate Your Sweet Spot--and offers practical tips and exercises that explore everything from self-love to the power of gratitude and a productive mindset. Find Your Sweet Spot is geared for modern adults who find themselves yearning for more in their daily lives. As a chic, jet-setting businesswoman with many high-powered clients, Karen Elizaga boasts a distinctly modern edge among self-help authors.

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