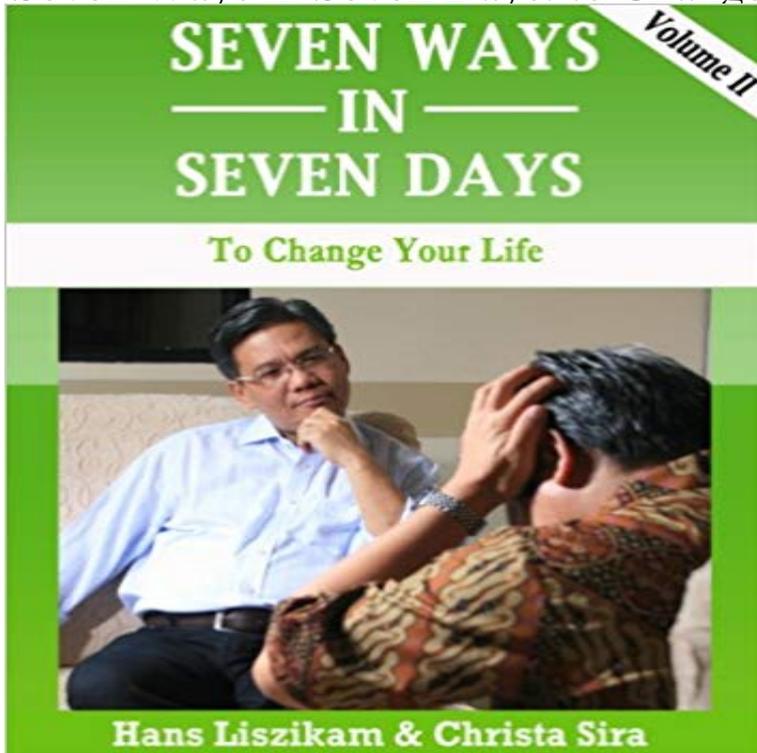


Seven Ways in Seven Days: to Change your Life



Are you unhappy and dissatisfied with the way your life is unfolding? Don't worry; there are millions if not billions of people in this world who are in the same predicament as you are. Perhaps you think it is time to make a move and break out of this vicious re-occurring cycle. If this sounds like you, then you may want to seriously consider making changes in your life. When you do, you will need to ask yourself some tough questions like what are you willing to do, what are you willing to sacrifice, what are you prepared to give up and what are you prepared to contribute towards the changes in your life? These are only samples of different questions you may want to ask yourself. One of the goals you would be looking in all probability is to slow down and to enjoy life more. This book is based on the principles of self-help. It is aimed at those readers who want to make change to their lives, who at some time or another have dreamed, hoped or wished for something good to happen in their lives, only to find nothing was or is happening; nothing is eventuating, nothing is changing! The best help and success anyone can achieve is through helping them-selves. The contents provide a series of short explanations, exercise and assessments through which people can help them-selves. In order to bring about or initiate changes in your life, you must have a plan of where you want to go or what you want to change or what you want to achieve, otherwise you are only drifting from one project to the next. A direct requirement of achieving ones goals among others is to learn to say NO, at times even to one self. If you cannot say no to yourself once in a while, you will not be able to make the changes you want too because, change requires actions and different directions, letting go of old habits, withdrawing from certain areas and people, situations and conditions in life that no longer serve us.

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