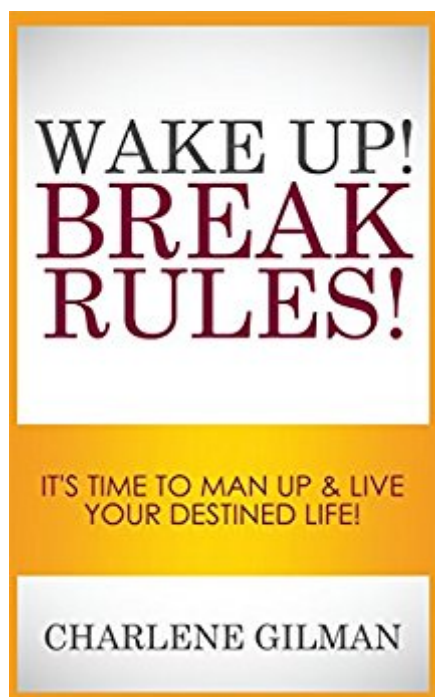


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Wake Up! Break Rules!: It's Time To Man Up & Live Your Destined Life



Synopsis

Are you tired of doing all the "right" things and still struggling for fulfillment in your stereotypically successful life? Business consultant and speaker Charlene Gilman was fed up with it too. So, after years of working in the financial services industry, the corporate consultant chased her bliss and shifted her focus to coaching others in the most vital aspects of life. Gilman, using her personal experiences and those of her clients as a firm foundation, details the steps to evaluating your lifestyle for how it empowers your ideals or not. She dives into cornerstones of a satisfying life: Career Finance Education Relationships Spirituality Community Recreation Hope For added insight, Gilman consults psychologist and relationship expert Dr. Felicia Williams, mind-body-health expert Laura Stout, financial expert Trevor Mickelson, and relationship expert Marci Graham of the Human Awareness Institute. Wake Up! Break Rules! includes instructions and worksheets to help you change your habits and mind-set for good; train your mind to remove doubt and fear; build satisfying personal, family, and career relationships; nurture your relationship with yourself; develop emotional intelligence; release your inner struggle; and analyze your routines and move into a state of constant development. Dive in, and chase your destiny!

Book Information

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Customer Reviews

What a great read to clarify your thinking on decision making and making yourself a priority. Char Gilman uses her life experiences to make you think about the life you are living. R. Shawn McBride Speaker ([...]), author ([...]) and business strategist ([...])

If you like living in a cotton candy world or an eggshell environment, this is NOT the book for you. Do as Charlene says...close it and gift it to someone. HOWEVER, if you have the awareness and motivation to explore your belief systems, be 100% authentic with yourself (that means warts and all), and truly want to be a productive contributor to your life and society, then this is a GREAT book! Charlene Gilman is walking her talk. Through examples from her life, Charlene illustrates how she had to get real with herself to live her destined life. This meant gaining the awareness and maturity to leave behind belief systems that did not serve her. It also meant taking responsibility for where she was in her life and the desire to improve her situation. This book is an easy read and packed with excellent information...but only if you choose to implement it.

Kudos to Charlene for inserting her personal life to help others. Only you can change your life and Charlene provides the tools, ideas and encouragement for you to find the life you desire. WAKE UP and Take charge!

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