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2 About the Author David Bonham-Carter, the author of 50 Life Coaching Exercises is an experienced life coach

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who provides specialist coaching support and advice for areas that involve negative or distorted thinking patterns, such as confidence &

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Welcome to Your Complimentary Happy For No Reason Workbook!

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business coach, I have found that using certain life coaching worksheets in my practice has helped my clients tremendously. Although speaking one on one is a huge part of coaching, I have found that using tools creates additional breakthroughs, as well as accountability.

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