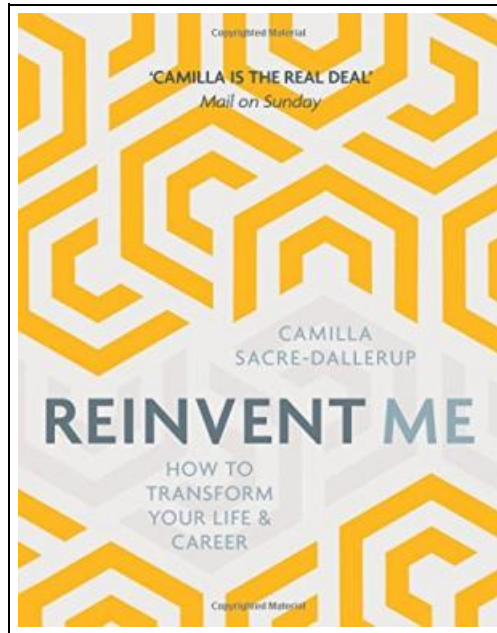


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Watkins Media, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Former professional dancer and Strictly Come Dancing winner Camilla Sacre-Dallerup is the queen of reinvention. Now a motivational speaker, hypnotherapist, life and mindful living coach, she presents a clear, accessible, 8-step motivational programme that will enable anyone to reinvent themselves, just as she has. In Reinvent Me you will discover exercises, success stories and new tools to overcome barriers and start anew. Each chapter ends with an affirmation for you to use as you complete each part of the programme. The Reinvent Me Programme in a Nutshell: RECOGNIZE: Work out where you are and where you need to go EGO: Learn how to free yourself from ego-based decisions INNOVATION: Plan what action you need to take to start turning your dream into a reality NOW: Stop procrastinating and start taking action! VISUALIZE: Picture your reinvented life and find the courage within to start your new venture now EVOLVE: Learn to go with the flow of life and become more you NURTURE: Discover why it s essential to nurture your talents and yourself as you go through the process of reinvention TRANSFORMATION: Commit to your reinvention and embrace the new you For more information about Camilla s coaching work visit.



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