



Start Right Where You Are: How Little Changes Can Make a Big Difference for Overwhelmed Procrastinators, Frustrated Overachievers, and Recovering Perfectionists

By Sam Bennett

New World Library. Paperback. Condition: New. 224 pages. Dimensions: 1.1in. x 0.0in. x 1.1in. Buoyed by the success of her first book, *Get It Done*, Sam Bennett offered various online courses and seminars, and, by far, the most sought after and successful was a 12-week course titled *Start Right Where You Are*. Based on the course that she taught, and the feedback she received, she proposed a book based on that course, pulling together short, pithy chapters that help readers focus on the things holding them back from their dreams and goals along with success stories, lively and enlightening exercises, guided meditations, simple prayers and affirmations, and basic pep talks to encourage people to take the small steps and make the small changes and course adjustments that will lead to their goal. The small changes include things such as: asking better questions; asking questions to yourself in a kinder, gentler tone; finding a tribe that will support your efforts; clearing clutter from even one small area of your computer or desk or car; framing difficult conversations with a simple device to build allies, not enemies; picking the right project. Sam Bennett has coached all sorts of people working in all sorts...



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