



# Life Coaching For Dummies

*Jeni Mumford*

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## **Life Coaching For Dummies** Jeni Mumford

Trusted advice on finding a coach and getting more out of life

Life coaching is a popular, though unregulated, personal development tool. This no-nonsense guide debunks the myths behind life coaching and gives expert advice on incorporating it into daily life. Whether readers want to self-coach or work with a professional, this savvy resource provides essential tips on getting priorities straight, being more productive, and achieving goals.

Jeni Mumford (London, UK) is a qualified personal life coach and an accredited NLP practitioner.

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