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How to Design a Life Worth Smiling About: Developing Success in Business and in Life

By Davis, Darryl

Book Condition: New. Publisher/Verlag: McGraw-Hill Professional | You are designed to smile! If you're wondering why you don't smile more in your life, then you may need to take a close look at why you do the things you do and why you don't do the things you know you should. What would make you smile? Starting and running your own business? Taking your corporate career to the next level? Spending more personal time with family and friends? Whatever facet of life you feel stuck in, How to Design a Life Worth Smiling About will pull you out of the rut and get your wheels moving in the right direction. Motivational speaker and success coach legend Darryl Davis shares his proven, no-nonsense program for making strategic changes to dramatically improve your life and increase your sense of purpose. Based on a unique and powerful combination of brain science, timeless wisdom, and good old common sense, How to Design a Life Worth Smiling About helps you: Identify negative automatic thoughts and take control of them Replace bad habits with good ones using scientifically proven methods Take full responsibility for your life, helping you feel more in control of your circumstances Form relationships with...


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