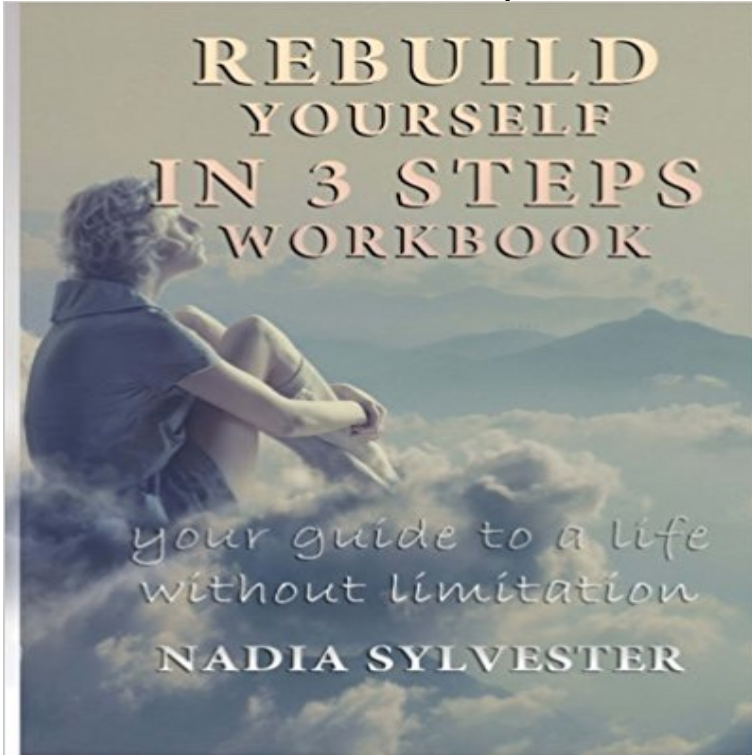


## Rebuild Yourself in 3 Steps



Rebuild Yourself in 3 Steps is a workbook, a programme that encompasses the subjects and themes covering up to 3 Life Coaching sessions. It is available and accessible to everyone at a reasonable cost. It is a 3 Steps workbook require to be complete one step at a time. The 3 Steps are as follows:- 1. Self-Discovery 2. Put Ideas Together 3. Action Them Do not be daunted by the programme, as at every step of each stage you have the assistance of a friend and guide with helpful hints and tips on how to complete each part.

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