

# Martha Beck Steering By Starlight

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whether it s seeking better relationships more focused career direction the achievement of specific fitness goals or a more harmonious lifestyle steering by starlight s colourful anecdotes

9 jun 2009 in steering by starlight renowned life coach martha beck ph d describes the step by step process she uses with her private clients to help them navigate the terrain of their best lives

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18 mar 2008 using her trademark wisdom empathy and engaging style she connects you with proven effective strategies that have worked for the hundreds of people she has coached for those

we are pleased you will be steering by starlight with this set of companion worksheets the exercises in this book will entertain you and give you the tools you need to become your own guide

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