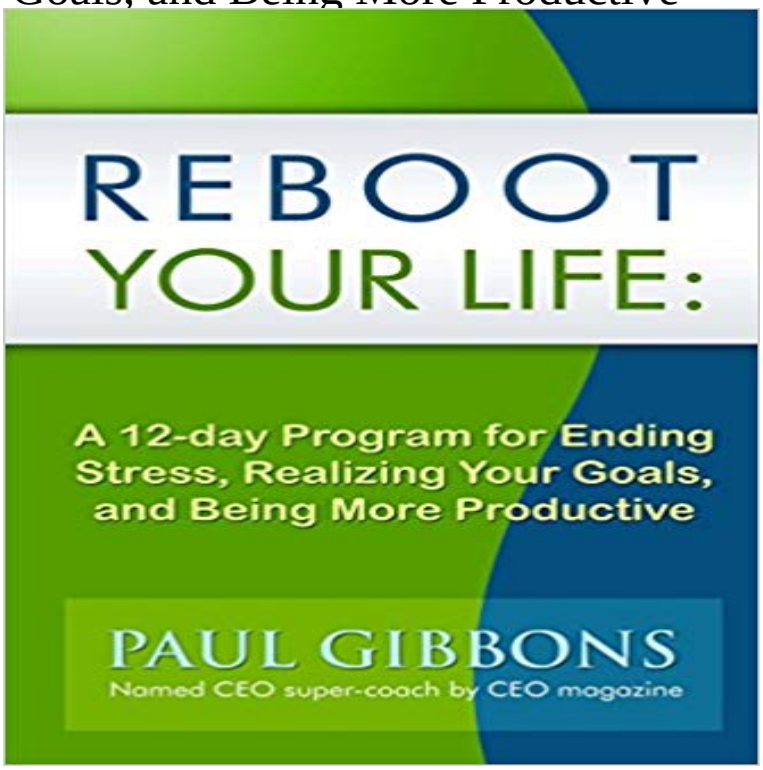
Reboot Your Life: A 12-Day Program for Ending Stress, Realizing Your Goals, and Being More Productive



Reboot Your Life is a 12-day process for reflecting on where you are in life, on clearing out aspects that dont work, on designing your mission and vision, creating goals, and learning strategies for realizing those goals with the latest productivity strategies. Each day has a few minutes reading, but then practical exercises and tools to get you quickly into action. Reboot is the same process used by life-coaches who charge thousands of dollars, but after completing the process, you will be your own greatest coach.

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