



## Life Purpose Boot Camp: The 8-Week Breakthrough Plan for Creating a Meaningful Life (Paperback)

By Eric Maisel

NEW WORLD LIBRARY, United States, 2014. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. A no-excuses, cut-to-the-chase program for defining, training for, and achieving your goals As life gets busier and more complicated we crave something larger and more meaningful than just ticking another item off our to-do list. In the past, we've looked to religion or outside guidance for that sense of purpose, but today fewer people are fulfilled by traditional approaches to meaning. Bestselling author, psychotherapist, and creativity coach Eric Maisel offers an alternative: an eight-week intensive that breaks through barriers and offers insights for living each day with purpose. Once you understand how meaning operates, how meaning and life purpose are related, and what concrete steps you can take toward fulfilling your purpose, you will never run out of meaning again. This program will develop self-awareness and self-confidence and give you what you need to fully live the best possible life.



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