



Live the Best Story of Your Life: A World Champion's Guide to Lasting Change

Bob Litwin

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CHANGE CAN BE EASY. CHANGE CAN BE FAST.

Do you want a new story? Most of us do. From dieting to work addiction, we are all looking to shift the stories in our lives. But the question remains: How?

This book is the how. A result of thousands of hours of research from the best minds in the field of human potential, *Live the Best Story of Your Life* harnesses the power of your personal story and provides a guide to creating positive shifts in any area of your life.

Bob Litwin, a leading performance coach on Wall Street and a World Champion tennis player, brings you 33 personalized coaching sessions that will help you reach new levels of success on every level of your life. Where therapy fails, his brand of storytelling is a faster, more effective way to lasting change.

Live the Best Story of Your Life does not shift what we do, it shifts who we are. It will also show you how to:

- Get clear on your old stories and learn to leave them in the past.
- Discover the excitement and energy of your new story.
- Access the 33 strategies followed by people who always seem to win at life.

Are you on the cusp of a brand new story? If you can feel change brewing, if you want that change to be painless and almost instantaneous, *Live the Best Story of Your Life* is your hand to hold, your private coach, the map you've been waiting for to live the best story of your life.

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Gerard Pucci:

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