



Love Your Life Live Your Future: Be the person you were meant to be (Volume 1)

Mike J. Judd

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When life throws you difficult times or challenges; whether a personal crisis, relationship breakdown, death of a loved one, business failure or bankruptcy, illness or loss of your job, these dark times can become a crisis. Your body, emotions, mind and feelings follow similar patterns when we are stressed - regardless of what causes that stress. Knowing the stages and steps to regaining total control of your life, work, family and finances puts you at the helm - controlling the ship through the storm. The storms may not cease or disappear, but with control of the ship of your life, this no longer matters. Love your life, live your future is a study course designed by the '4 minute Coach, Michael Judd. His work as a Cabin Manager on Aircraft for 27 years gives him insight not only into human behaviour, but how to unpack a fellow crew member's disastrous divorce, family tragedy or illness. His powerful tools provided are the result of managing his teams; in the time it takes for the captain to announce, "Cabin Crew be seated for landing," to touch down on the tarmac. You will find each unit of work has a clear focus. There are easy to follow practical steps. The course is a gift to you in your darkest hour. The choice you make to work through this course determines how your challenge or difficulty impacts on your life. You decide if this is a moment of break through and release. Of freedom or mental illness. Empowered growth or becoming the victim. It is your choice. We are here to support you with units of work, games to complete with friends, charts and diaries, a series of webinars and checklists. But we don't leave you there. The Alpha Potential offers you a certified and accredited Results Coach if you feel you need it. Do your bit, because we really want you to LOVE YOUR Life and LIVE YOUR Future. Connect with us: info@thealphapotential.com.au

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