

"Martha Beck writes like a wizard—her magic trick is turning people into their true selves."
—JULIA CAMERON, author of *The Artist's Way*

FINDING
YOUR OWN
NORTH
STAR

*claiming the life you
were meant to live*

MARTHA BECK

Author of the *New York Times* Bestseller *Expecting Adam*

Martha Beck

Finding Your Own North Star: Claiming the Life You Were Meant to Live



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New York Moments bestselling author and Lifestyle Designs, Inc. As you become reacquainted with your own deepest desires, you'll recognize and fix any unconscious beliefs or unhealed emotional wounds which may be blocking your progress." creator Martha Beck shares her step-by-step system that may guide you to fulfill your very own potential and create a joyful life." You'll learn how to navigate every stage, from the initial flickering appearance of a fresh dream to the look and execution of your ideal life. Predicated on Dr. Beck's work as a Harvard-trained sociologist, research associate at Harvard Business College, instructor at Thunderbird Business School, and specifically on her behalf experiences with her customers during the last six years, *Locating Your Personal North Star* offers thoroughly tested case research, questionnaires, and exercises to help you articulate your primary desires and take action on them to create a as pleasing life. This changes your daily life, but don't worry--although every life is exclusive, main transformations have common components, and Beck offers a map that will show you through your personal life changes. Explorers depend on the North Superstar when there are no other landmarks around the corner. The same relationship is present between you and your right life, the best realization of your prospect of happiness. -- Martha Beck In this book, you'll start by learning how to browse the internal compasses currently built into the human brain and body--and why you may have spent your daily life ignoring their signals. I really believe that a understanding of that perfect life sits inside you just as the North Star sits in its unaltering spot.



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Worth your time.. I did so a first quick read through of the entire book without doing the exercises. Straight forwards book that will have you actually examining why you are how you are and make the life you want I knew that book would take some effort on my component. I am now starting over, reading, performing the exercises, taking notes at a leisurely pace and actually working it. Great up to now. I had browse Jon Kabot Zinn and was attempting to help expand myself when i discovered Martha Beck in Oprahs magazine. I really like Martha Beck's writing design, her love of life and that it reads as very conversational. I have good emotions about continuing to work this book and discover my way again. Among Beck's best although she simply keeps getting better. A good reserve for assessing --- and re-assessing your purpose on earth. Great Reserve - Easy & Fun Read A great read. Do the exercises. I just reread it after several years and obtained another coating of clear, applicable insight. A brilliant classic.a must read Is there anyone out there who does not think that Martha Beck is THE greatest? I might update that 4 superstar review in a couple of months once I have more of it certainly under my belt.. Super funny, and a book that you truly finish because it is so fun to read. Martha Beck glows with authenticity in her writing, never talks down, even though she's entitled to a fairly lofty placement. I loved this publication when I first got it years ago and it is still right here. After a short while of training and therapy I was finally able to acknowledge to myself that I was stuck in my career because I must say i didn't like it, and it simply didn't fit me.. Thank you . A classic. Highly recommended. Wonderful read This book is amazing.. That is one of my favorites.somewhere, therefore, I ordered it again as I wanted to reread it. This will be a"must read" in high school as it is normally on the right track about everyday associations. Ms Beck puts everything in perspective in language that is easy to comprehend. I enrolled in her "daily inspirations" which are priceless and such day time brighteners..... There is also a link on the web to download the workbook and printing it out unless you want to write in the book. All will end up being revealed.but in the event that you feel murky and uncertain of how you are feeling, just reading this book won't clear things up for you on its own. Really helped with crippling fear and anxiety for me. Great book Great book to lead you in the right direction. Problems you to rethink how you live and process information. You will benefit from it. Comforting, Terrifying and Joyous I love this reserve. I read it initial on Kindle, and in addition ordered it in paperback for notetaking. You will benefit from it This is a great book. If you are feeling lost, I highly recommend it. Get therapy first. Then read this reserve. Once before therapy, once after. I read this twice. It really is such a thorough dive into personal discovery. and re-read Because this book resides on my Kindle, I come across myself reading it again and again. Multiple occasions she suggests therapy for readers if they can't perform particular exercises. I QUICKLY was able to pick up this book once again and read it--today it creates more sense. Martha Beck....I could understand and accept my feelings better. Do it! If you are struggling to find your purpose in life, or even only a path to look, get this book... Her publication couldnt be anymore amazing..but it is a great tool to be used on your own career/life journey. Great purchase Great book good read found its way to perfect condition A good read.. I couldn't actually admit to myself that I must say i did hate my work (also an academic PhD, however in science). I would recommend this to anyone who, maybe like me, feels as though they've lost their method, or dropped themselves and are trying to re-style or create a new life path that's more in alignment with what you want it to be. Practical and Powerful I'm enthusiastic about this book. Every content made sense to me. If you are in a position to really gain access to your feelings, then simply read it. I was new to Martha Beck, now I can't get enough. All will be revealed to you, it's already there you just want the directions on how to find it. Great information but didn't excite me quite definitely. I bought this book but couldn't make myself browse the whole matter. It had good info in it, but it simply didn't "get" me as I hoped it would. This is a great book. Martha writes within an engaging style which has changed my thought process. Recommended! I've bought copies for family and friends. This book will remain with me forever. EXCELLENT Copious helpful tools and exercises to get to underneath of what brings you joy and how to

live your very best life. Not forgetting she's hysterically funny in many places -- Martha Beck's mind has a crazy and multi-colored way of looking at the globe, that I enjoy -- laughter is a good way to strategy CHANGE, which can be scary, heartbreaking, and complicated. I recommend! Before therapy, I couldn't put some of her methods to make use of, since I couldn't observe clearly--many of my thoughts/beliefs were an attempt to please the "everybodies" that Beck talks about. It brings the useful and the mystical together in a systematic way, with exercises you can use immediately to gain concentrate, perspective and momentum.



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