

SELF COACHING

101

USE YOUR MIND – DON'T LET IT USE YOU

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Self Coaching 101



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Self coaching is about feeling better. If we feel bad-we are usually seeking a way to feel good. By simply being in this place of awareness we've aligned with our true nature and can observe the patterns of our lives. By taking a peek into our own minds we can find the reason for all our struggling. Hiring a coach can be an amazing encounter. Alignment with our spirit-our accurate essence-the God within us feels good. It really is that basic. The reason we want to feel great, is because it really is our true nature. Whenever we accomplish something-it feels great. It feels peaceful, joyous, honest, abundant and free of charge. Through training ourselves we can feel good much more of that time period. By coaching ourselves we find what is not working inside our lives. We discover that our thinking can be the most significant thing we can pay attention to in order to feel better now. We find out that fighting our emotions or trying to deny them only makes them larger. We find that trying to change the external situations to improve how we feel is impossible. When we give-it feels good. We can see how we block our joy with outdated and untruthful thoughts and beliefs. Everything we do in our lives is normally because you want to feel better. When we help others-it feels great. Having someone who has already been "outside" of your brain give you a different perspective to consider is normally often the first step in change. But eventually, it is the process of shifting your own perception with your own awareness that may create nondependent freedom. This is why I feel so highly about learning how exactly to apply these simple self coaching tools in your own lifestyle and by yourself mind. If you are willing to do the work now-it becomes a means of being. You will step right into a life that is lived with consciousness and consciousness because each time you feel any harmful emotion you see it as a signal to teach yourself and realign with the real essence of you. Self coaching 101 teaches you the fundamentals of how to get this done. And the fundamentals are enough.



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Best Coaching Device Ever for Overcoming Over-eating Brooke Castillo is the guru of teaching you how to deal with you over-taking in and weight issues. This book is amazingly motivational. You feel that can be done anything. I will need to choose the actual book. Read this book and pay attention to her podcasts. Very pleased I purchased it. Five Stars Along with your podcast, this book has changed my life dramatically. So healing. Many thanks Brooke! If you're attempting to improve on self-coaching techniques, this is the book for you! Much good advice with easy to follow exercises." Add the a breeze Circumstance, Thought, Feeling, Actions, Result model and bam, done. I've read many!). Thank you for everything you've created and shared for all of us Brooke! Terrible formatting when using Kindle app The book itself is awesome, however the kindle formatting is awful and makes completing the exercises challenging. But better still, Brooke provides practical tools you can use to build up the habits you have to stop over-eating forever. Five Stars Only on Chapter 3 and curently have used the worksheet. Really can help you how to change your thinking. great book Every once in a while I come across a book that stacks up to it's testimonials. This is one of these. Has workbook pages so much more helpful than the e book. This is a book I would recommend to my friends and family Five Stars I love Brooke's work and recommend it to anyone. Three Stars Nice tips but not particularly deep. Good cognitive therapy technique An easy and practical way to apply the technique to manage negative emotions and change your ideas to obtain a more positive outlook. Even though I have heard everything before don't know if it was the way this one was presented but it really hit home. A breeze peasy process to quickly shift my thinking This book is filled up with a lot of excellent stuff. A perfect addition to Brooke's podcasts. Great Book - Easy to Read, Understand and Utilize the Day time You Begin Reading It Easy to read and comprehend. I am going to read it again soon,. Apply the main, it works. Finally, a book that lets you know how to change not just that you need to! Great advice - could change your life Great suggestions. It's like having your own private coach. Readable and apply the principles. Literally ANYONE. Love it! When you are watching your brain you are being instead of the Watcher, The Understanding, The Awareness, and that's Enlightenment. Consciousness of the ego dissolves the ego. Enlightenment is not knowing about you--it has been you. "You cannot be your thought and be conscious of your thought at the same time. Among the best personal help books I got read (& Many thanks Brooke!



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