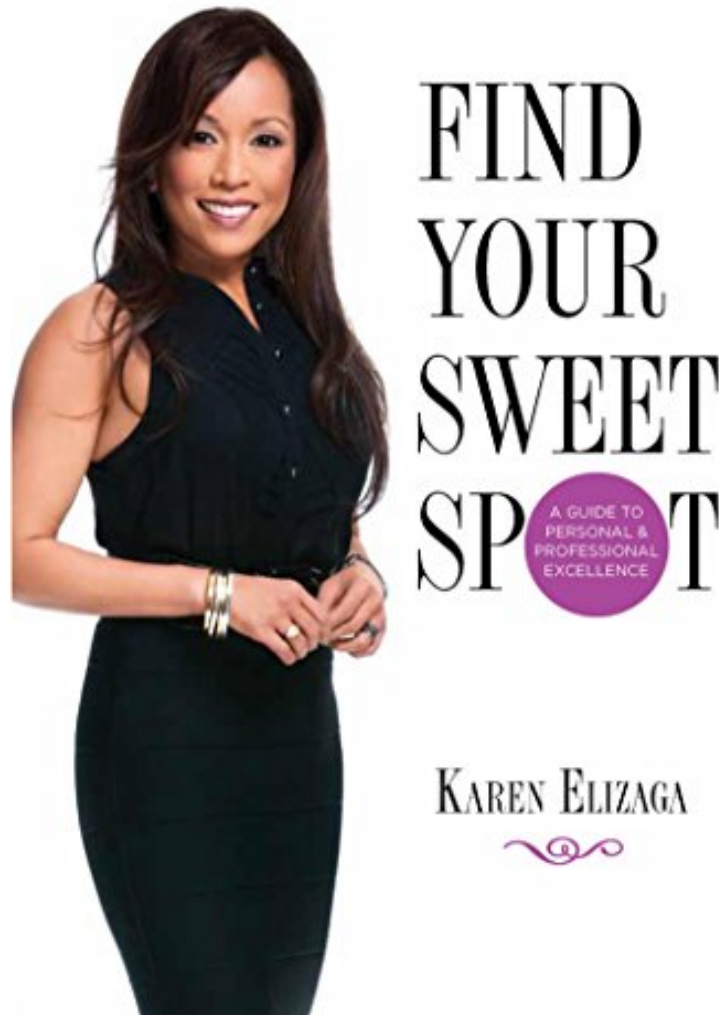


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Find Your Sweet Spot: A Guide To Personal And Professional Excellence

Karen Elizaga

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Karen Elizaga : Find Your Sweet Spot: A Guide To Personal And Professional Excellence before purchasing it in order to gauge whether or not it would be worth my time, and all praised Find Your Sweet Spot: A Guide To Personal And Professional Excellence:

0 of 0 people found the following review helpful. An excellent book - guaranteed to help you live a more fulfilled life! By J.M. Geller "Find Your Sweet Spot" is an amazing book written by an amazing executive/personal life coach, Karen Elizaga. In this book, Elizaga references her own personal journey in finding and embracing her own 'sweet spot' as well as incorporates research and real life accounts from her work as an executive/personal life coach. And,

she really simplifies how to identify small things can actually help you become happier in your day-to-day life and how to live a more fulfilled and positive life overall. The book is full of tips, ticks and inspirational stories to make finding your sweet spot attainable to all. The writing is highly motivating and inspiring and this book has a huge impact on my life, personally and professionally. This is a great read and the perfect gift to oneself or to friends embarking on new year resolutions. 0 of 0 people found the following review helpful. Excellence starts with yourself...By Andrew Tsai I've read many books on motivation, organization and management, but the author's ability to break down many powerful concepts into easy-to-read bite sized chapters is the ultimate "portfolio" of reminders and tips. Not only is it a quick and inspiring read, but I have revisited specific chapters from time to time to recalibrate my needs at the time. I've found the book particularly useful when thinking about managing myself first in order to manage others in a more empowering and energizing way. The chapters are filled with funny and relatable stories that have wide appeal -- I'm confident that anyone from students to senior management will find this book as a useful blueprint to a life of excellence. 2 of 2 people found the following review helpful. get it, read it, live it - you will love it! By Lauren Dawson this is a truly FANTASTIC book that is incredibly on target, insightful and inspiring. the book is beautifully written, clear and engaging - the author's passion and sincerity for her topic jumps from the pages right to the heart! i love the little nuggets of wisdom throughout the book and the way even the things we may know at some subconscious level are exemplified in such a salient manner that we can easily carry these insights with us to help us be the best we can be.

This smart, stylish motivational guide helps readers discover their dreams and true potential via an action plan based on the coaching strategies of an executive coach. Finding one's "sweet spot" means digging deep for new levels of self-understanding and re-prioritizing one's life to align with one's inner excellence. Written to make readers feel they have access to their own personal coach, the book leads them through a series of inspiring stories, practical steps, and "sweet spot checks" designed to spur personal and professional growth. Find Your Sweet Spot consists of four parts--The Sweet Spot Strategy, The Sweet Spot Inside, The Sweet Spot Outside, Integrate Your Sweet Spot--and offers practical tips and exercises that explore everything from self-love to the power of gratitude and a productive mindset. Find Your Sweet Spot is geared for modern adults who find themselves yearning for more in their daily lives. As a chic, jet-setting businesswoman with many high-powered clients, Karen Elizaga boasts a distinctly modern edge among self-help authors.

"Karen Elizaga is that rare talent who possesses 'head, heart, and guts'--and, more importantly, she lives what she teaches. I have had the privilege of working with Karen and know that time spent with her is an invaluable investment in yourself for securing a destiny of your choosing. So, if you are serious about breakthrough change and want to take charge of your life with the help of a true expert, hire Karen by reading her book!"--Jay Ferraro, PhD, CEO of Empowerment Technologies Inc. and best-selling author of Surprised by Love "Thanks to Karen Elizaga, finding the 'sweet spot' in your life is no longer a mystery. Find Your Sweet Spot will help you discover the life of your dreams and then empower you to live it. This is the book you've been waiting for."--Raz Ingrassci, chairman of Hoffman Institute International "Karen Elizaga is an incredibly insightful and accomplished executive and life coach. Karen guides her clients not only through the realizations of their desires for life and work, but through specific and manageable steps to reach their goals. Her approach is holistic and truly transformational. This is a MUST READ!"--Farel B. Hruska, national fitness director of Stroller Strides "Karen Elizaga is finally sharing her gifts with the world! Her strategies in Find Your Sweet Spot are many and diverse. There's so much goodness to choose from here to create a better, more fulfilling life."--Loren Slocum, author of Life Tune-Ups and The Greatest Love "No matter who you are or where you are in your life, you need a coach--someone to push you to explore the area outside of your comfort zone. That's where excellence lives. And Karen is the coach to help guide you."--Harvey Spevak, CEO of Equinox Fitness Clubs "Karen's coaching and guidance were key to my successful transition from a lifetime of military leadership into an exciting new career. She enabled me to translate my skills and experience into relevant assets for the private sector and speak from a position of strength as I explored a variety of opportunities. Karen also helped my wife and me stay in sync with one another as we navigated this new terrain."--A former commander of Delta Force "In Find Your Sweet Spot, Karen Elizaga shares her coaching insights and carefully formulated strategies for shifting one's focus from stress and negativity to happiness, success, and genuine contentment. There's truly something here for everyone."--Sandra Mann, EdD "Everyone should have a copy of this book at their fingertips. It is simply a guide for anyone interested in raising their bar for life."--Stacey Griffith, senior master instructor at SoulCycle "Karen's Find Your Sweet Spot is a tremendous resource and wonderful guide for a healthy, positive, and highly energetic life, while making time to be kind, reflect, and recharge."--Alex Glasscock, owner of The Ranch at Live Oak Malibu