

# BEST SELF

## BE YOU, ONLY BETTER

by Life Coach Mike Bayer



### EXCERPT

No matter where you're starting from, this book can help you improve your life in powerful, even unexpected ways. You could be starting from your lowest point—maybe you're in the midst of facing some of your biggest challenges to date—this book can help you find your way and come out on the other side feeling more empowered than ever before. Or you might feel like you're “coasting” right now, like life is just okay, but you know deep down that you want and deserve more. This book can help you discover or rediscover your purpose and invigorate you in unimaginable ways. It could even be that your life feels pretty darn good overall, but you've got just one problem area that you know needs your attention, but you just haven't found the right way to approach it yet. This book can give you that clarity, so you can both face and resolve those problems effectively. Whether you're hoping to . . .

- **HAVE BETTER FRIENDS,**
- **IMPROVE YOUR RELATIONSHIP WITH YOURSELF IN TERMS OF YOUR INNER DIALOGUE OR COMPASSION FOR YOURSELF,**
- **PRIORITIZE YOUR HEALTH IN A MEANINGFUL WAY,**
- **EVOLVE MORE IN YOUR LIFE BY EXPANDING YOUR KNOWLEDGE OR UNDERSTANDING OF THE WORLD,**
- **IMPROVE YOUR RELATIONSHIPS,**
- **HAVE A FULFILLING CAREER,**
- **DEVELOP A STRONGER SENSE OF SPIRITUALITY**

. . . you can reach your goals. And even if you're not yet sure what it is you want to change, but just know you aren't currently living your ideal life, together, we can find your goal and get you there.

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