

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

Martha Beck

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"Explorers depend on the North Star when there are no other landmarks in sight. The same relationship exists between you and your right life, the ultimate realization of your potential for happiness. I believe that a knowledge of that perfect life sits inside you just as the North Star sits in its unaltering spot."

Martha Beck has helped hundreds of clients find their own North Star, fulfill their potential, and live more joyfully. Now, she shares her step-by-step program that will help you take the exhilarating and frightening journey to your own ideal life. Finding Your Own North Star will teach you how to read your internal compasses, articulate your core desires, identify and repair the unconscious beliefs that may be blocking your progress, nurture your intuition, and cultivate your dreams from the first magical flicker of an idea through the planning and implementation of a more satisfying life. Martha Beck offers thoroughly tested case studies, questionnaires, exercises, and her own trademark wit and wisdom to guide you every step of the way.



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