



No Regrets on Sunday: The Seven-Day Plan to Change Your Life

Peter Hawkins

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Are you stuck in a rut but not sure what you should change or what else you could do? You can change your life for the better and in just one week.

No Regrets on Sunday is a 7-day plan to help you set about changing your life to find greater success and happiness.

Every day for a week you are invited to work your way through a new chapter and carry out the practical exercises they contain. All you need to do is set aside about one hour a day to read the chapter and do the exercises. You will be challenged, inspired and motivated so that by the end of the seven days you should have a clear idea of what you want and how you can make it happen.

This book will teach you:

- how to identify your mindset and work out if you need to switch to a new one
- how to make the most of the time you have
- who you are and who you really want to be
- what your talents and skills are and how can you maximise them
- how to turn your hopes, dreams and aspirations into reality

Written by career and life management expert Peter Hawkins, the book is designed to get you the same results as one of his acclaimed 'No Regrets on Sunday' courses. It will be like having your very own life coach by your side.



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Cathy Thomas:

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