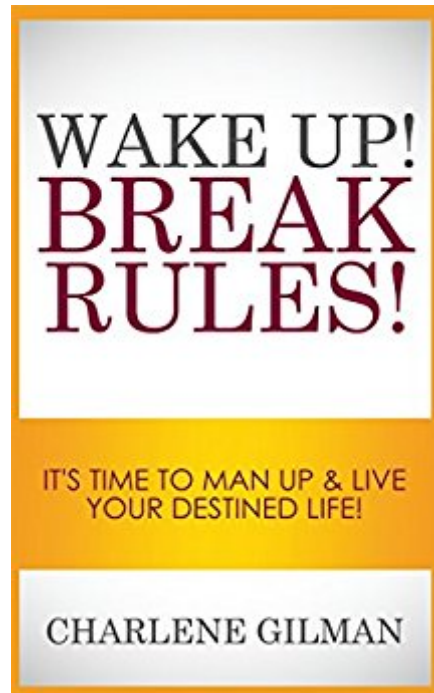


The book was found

# Wake Up! Break Rules!: It's Time To Man Up & Live Your Destined Life



## Synopsis

Are you tired of doing all the "right" things and still struggling for fulfillment in your stereotypically successful life? Business consultant and speaker Charlene Gilman was fed up with it too. So, after years of working in the financial services industry, the corporate consultant chased her bliss and shifted her focus to coaching others in the most vital aspects of life. Gilman, using her personal experiences and those of her clients as a firm foundation, details the steps to evaluating your lifestyle for how it empowers your ideals or not. She dives into cornerstones of a satisfying life: Career Finance Education Relationships Spirituality Community Recreation Hope For added insight, Gilman consults psychologist and relationship expert Dr. Felicia Williams, mind-body-health expert Laura Stout, financial expert Trevor Mickelson, and relationship expert Marci Graham of the Human Awareness Institute. Wake Up! Break Rules! includes instructions and worksheets to help you change your habits and mind-set for good; train your mind to remove doubt and fear; build satisfying personal, family, and career relationships; nurture your relationship with yourself; develop emotional intelligence; release your inner struggle; and analyze your routines and move into a state of constant development. Dive in, and chase your destiny!

## Book Information

File Size: 1432 KB

Print Length: 109 pages

Publisher: Executive Edgeworks LLC (July 25, 2016)

Publication Date: July 25, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01J48IYJC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #324,260 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #53

in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #86 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #743

in Â Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Self-Esteem

## Customer Reviews

What a great read to clarify your thinking on decision making and making yourself a priority. Char Gilman uses her life experiences to make you think about the life you are living. R. Shawn McBride Speaker ([...]), author ([...]) and business strategist ([...])

If you like living in a cotton candy world or an eggshell environment, this is NOT the book for you. Do as Charlene says...close it and gift it to someone. HOWEVER, if you have the awareness and motivation to explore your belief systems, be 100% authentic with yourself (that means warts and all), and truly want to be a productive contributor to your life and society, then this is a GREAT book! Charlene Gilman is walking her talk. Through examples from her life, Charlene illustrates how she had to get real with herself to live her destined life. This meant gaining the awareness and maturity to leave behind belief systems that did not serve her. It also meant taking responsibility for where she was in her life and the desire to improve her situation. This book is an easy read and packed with excellent information...but only if you choose to implement it.

Kudos to Charlene for inserting her personal life to help others. Only you can change your life and Charlene provides the tools, ideas and encouragement for you to find the life you desire. WAKE UP and Take charge!

[Download to continue reading...](#)

Wake Up! Break Rules!: It's Time To Man Up & Live Your Destined Life Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) The Break Up Manual for Men: How to Recover from a Serious Break Up, Become Stronger and Get Back into Life Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and Live Life to the Fullest) The Multidimensional Traveler: Finding Togetherness or How I Learned to Break the Rules of Physics and Sojourn Across Dimensions and Time Destined for the Throne: How Spiritual Warfare Prepares the Bride of Christ for Her Eternal Destiny The Warrior Goddess Way: Claiming the Woman You Are Destined to Be Destined for an Early Grave (Night Huntress, Book 4):

A Night Huntress Novel California Rules of Court - State, 2015 ed. (Vol. I, California Court Rules)  
(California Rules of Court. State and Federal) The South Beach Diet Wake-Up Call: 7 Real-Life  
Strategies for Living Your Healthiest Life Ever The South Beach Wake-Up Call: 7 Real-Life  
Strategies for Living Your Healthiest Life Ever (The South Beach Diet) Live Your Life, Not Your  
Diagnosis: How to Manage Stress and Live Well with Multiple Sclerosis In the Naga's Wake: The  
First Man to Navigate the Mekong, from Tibet to the South China Sea Life Coaching: Life Coaching  
Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To  
Motivate, Inspire, Change Your Life) Nine Rules to Break When Romancing a Rake (Love by  
Numbers Book 1) The Latinos of Asia: How Filipino Americans Break the Rules of Race Toxic  
Friendships: Knowing the Rules and Dealing with the Friends Who Break Them Mad at Everything:  
How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger  
Management, Controlling Your Frustration, and Living a Happier Life

[Dmca](#)