

UK BOOK RELEASE: Coach Yourself to Success by international personal coach - Talane Miedaner, available as a media resource

Submitted by: Sue Blake Media

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PRESS RELEASE

AUTHOR AVAILABLE FOR INTERVIEWS

COACH YOURSELF TO SUCCESS

~ 101 tips from a personal coach for reaching your goals at work and in life ~

January 2009 – Olympic athletes have a coach. CEOs use the services of an executive coach. Can YOU imagine how much more productive and successful you would be if you had your own personal coach? Well you don't have to imagine anymore. In Coach Yourself to Success - 101 tips from a personal coach for reaching your goals at work and in life by Talane Miedaner, McGraw-Hill, £8.99, Talane provides you with the best advice for achieving success and attracting everything you always wanted. This title was released in 2000 in the US, has been translated into seven languages and is an international best-seller. This book is now available for the first time in the UK. (Talane is resident in the UK).

Using the practical wisdom drawn from her Talane's experience as a professional coach for hundreds of Fortune 500 clients and her own business background, Talane shares 101 of the most powerful and effective coaching tips and presents them in an easy to follow, ten-part program. Coach Yourself to Success will help you gain insight into what is truly important in your life and will give you the edge and expertise to take your life from ordinary to extraordinary.

Coach Yourself to Success has 10 sections, each with 10 pertinent sub headings (ok, the 10th section has 11 sub headings to equal 101!). Main sections include:

- Increase your natural power
- Clean up your act
- Making money work for you
- Make time when there isn't any
- Build powerful relationships
- Do work you love
- Work smarter, not harder
- Communicate with power, grace and style
- Taking care of your best asset
- Effortless success

Talane expertly and at times, entertainingly, guides you through the plethora of 101 amazing tips to unleash the more powerful and complete version of you from within! You can learn how to eliminate petty annoyances, stop shuffling and start organising, how to feng shui your home or office, how to plug money drains & pay off debts, get our work done in half the time, how to forgive in advance, why sending 5 'thanks' each day is important, how to design your ideal life, how to accept graciously, how to stop trying to change people, how to rejuvenate and revitalise yourself and how to celebrate your successes!

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Available to press:

FREE extracts, author interviews, guest appearances, articles/columns & review copies

About the Author

Talane Miedaner is also author of *The Secret Laws of Attraction* - the effortless way to get the relationship you want, McGraw-Hill. She is founder of Lifecoach.com and has gained international prominence as a personal coach by guiding hundreds of clients to find wealth, success, and happiness by helping people to restructure their lives to easily attract the opportunities they want. Her company works with executives, public officials, entrepreneurs, and business owners around the world and Talane also leads numerous seminars internationally. She has been widely featured in UK press for *The Secret Laws of Attraction*.