



# Coach Yourself to Win: 7 Steps to Breakthrough Performance on the Job and In Your Life

*Howard Guttman*

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**Coach Yourself to Win: 7 Steps to Breakthrough Performance on the Job and In Your Life** Howard Guttman

**A proven process for changing the way you behave--used by a renowned executive coach for more than 25 years**

**Are you able, ready, and willing to permanently change your behavior?**

Permanently replacing deeply ingrained behaviors with new ones is one of the hardest challenges to overcome. But in *Coach Yourself to Win*, master executive coach Howard Guttman combines his own expert insight and deep extensive coaching experience to create a step-by-step process that you can follow to change the behaviors that have been holding you back from what you truly want.

Unlike many self-help books offering advice on how to improve either your career or your personal life, *Coach Yourself to Win* bridges the two worlds in order to help you improve your performance--whether you're earning your living or living your life.

*Coach Yourself to Win* is written for the vast number of people who seek to create a new future for themselves. To help you achieve breakthrough performance on the job and in your life, you will learn to master a practical, tested self-coaching process that will enable you to:

- Clarify, set, and stay committed to realistic intentions
- Zero in on what holds you back
- Find the support you've been lacking
- Develop a path for change
- Evaluate yourself along the way
- Make necessary corrections to your plan
- Realize your intention to achieve a "new you"

*Coach Yourself to Win* provides an easy-to-follow seven-step plan that will generate lasting, positive change in your professional and personal life. To help you implement the plan, Guttman provides a dedicated Web site--[www.coachyourselftowin.com](http://www.coachyourselftowin.com)--where you will find all the supporting materials you will need as you go through the process, because you are the key to the happy ending you desire.

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