

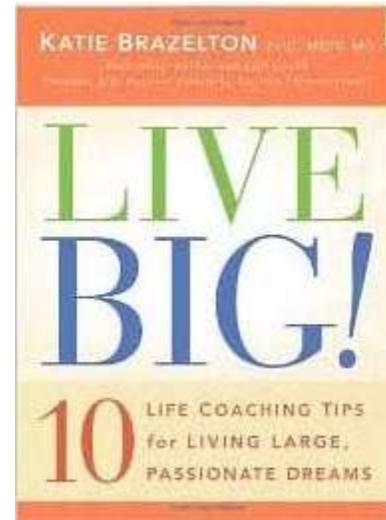
Live Big! 10 Life Coaching Tips for Living Large, Passionate Dreams

By Katie Brazelton

★★★★★ (5 stars)

Buy this book if you:

- You want to be inspired toward your God ordained purpose in life.
- Want a concise tool for personal reflection on your life purpose from a Christian and coaching perspective.



Life coach, Katie Brazelton provides readers the tools they need to move from daydreaming to action as she takes readers through the following ten steps:

- Tip 1: Face Your Fears
- Tip 2: Learn to Exhale
- Tip 3: Honor Your Deepest Longings
- Tip 4: Don't Ever Give Up
- Tip 5: Use Your Past for Good
- Tip 6: Expect Miracles
- Tip 7: Forgive Someone
- Tip 8: Eat Dessert First
- Tip 9: Ask Jesus for Vision
- Tip 10: Capture Your *Live Big!* Dream.

Written in a devotional format, each tip includes a few pages of inspiration, stories, scripture, words of wisdom from famous individuals, followed by “Action Steps from Your Life Coach,” “Reflections” and a prayer.

Katie wrote this excellent devotional tool for people with “busy lives and complicated schedules” who don't feel they have the time to fulfill their dreams while dealing with the business of daily life, family, work and friends. Each tip is concise (about 12 pages) and would be a great supplement to daily devotions.

While each of the ten steps is concise, the impact on the reader will be as deep as they allow it to go. The action steps at the end of each tip are big and broad, and will take some serious desire and commitment to fulfill. The reader who is serious about personal growth could supplement this book by journaling their responses to the action step or the reflection questions.

This is a great tool for the person needing to jump-start the process of finding their life purpose using reflection questions, action steps and prayer.

Reviewed by David Yeazell, Life Coach and Org. Dev. Consultant