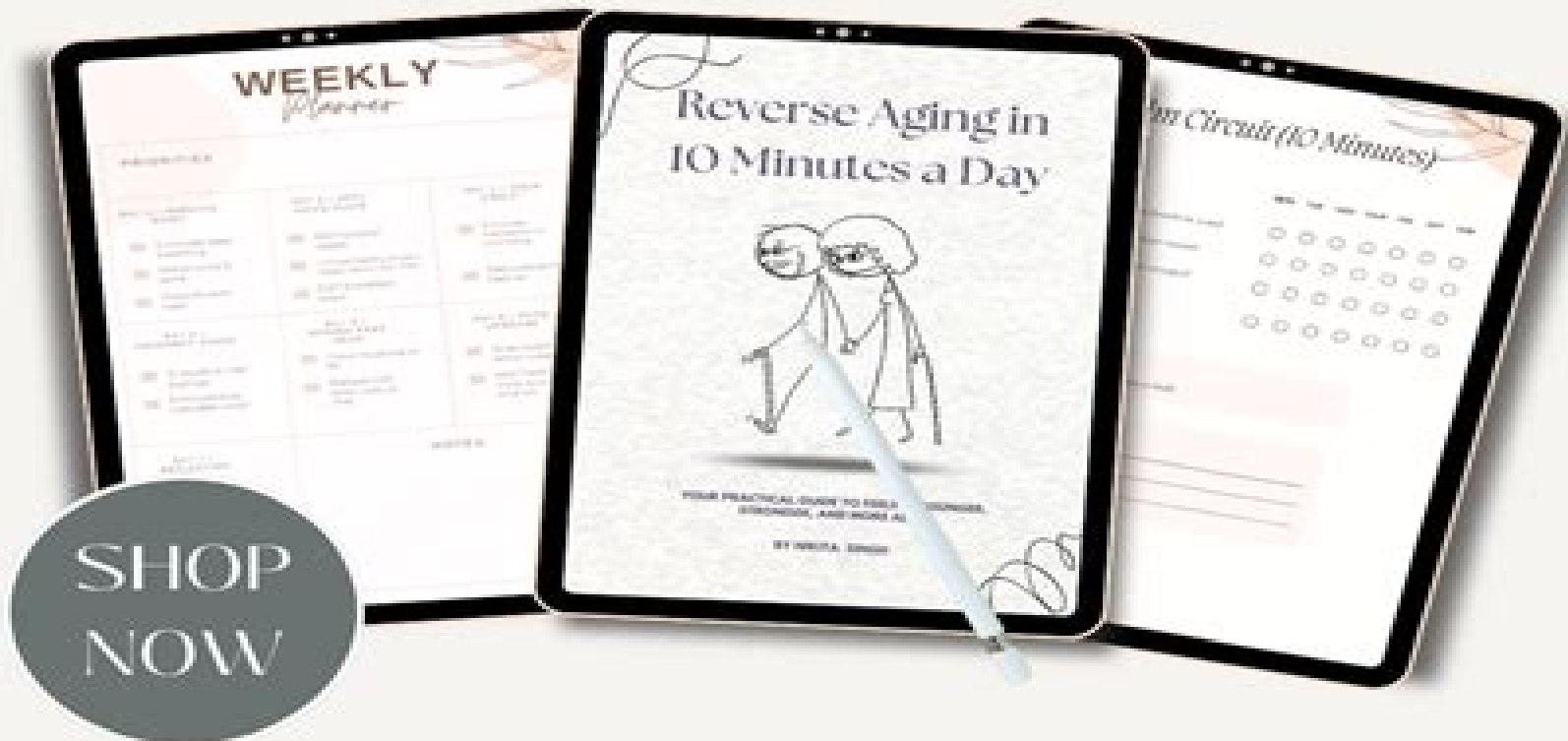


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of administrative duties that accompanied it Each day felt like an uphill battle with her dreams fading into the background as she struggled to keep pace However everything changed when she discovered Master Your Time This transformative resource offered her not just free planners and productivity tools but also a lifeline a structured approach to time management that reignited her passion for coaching With meticulously designed planners that catered specifically to her needs Sarah learned to prioritize her tasks effectively carving out precious moments for both her clients and her The once distant dream of achieving work life balance became a tangible reality as she embraced these tools The dramatic shift in her life was palpable she transformed from a frazzled coach into a powerhouse of productivity inspiring others with her newfound clarity and focus Master Your Time is not merely a collection of planners it is an invitation to reclaim your time harness your potential and master the art of living fully an essential companion for any coach ready to rise above the mist and shine brightly in their calling

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the information on diagnoses also references the DSM 5

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