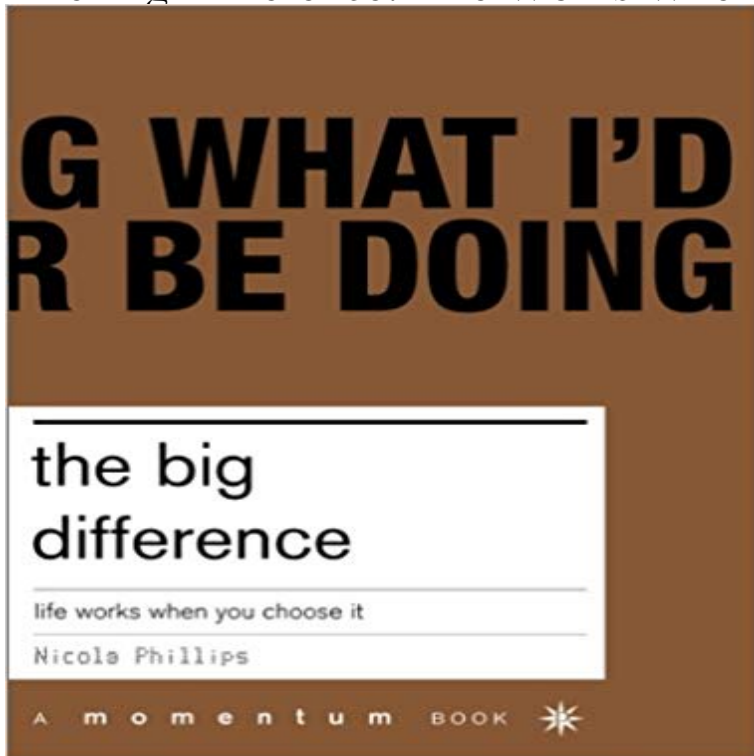


## The Big Difference: Life Works When You Choose It



Sometimes choices are a bit like American TV - you've got 200 channels but you can't find anything you want to watch. Nicola Phillips Making choices. It's very hard to do. There are books that tell you how to get what you want, but that's not much use if you don't know what you want. This book tackles the toughest issue - how to make choices and find what it is that would make the big difference to you. Making choices is often the hardest part of life and work - in fact it's so hard, most of us avoid making any at all. We let others choose, or just stick with the status quo. But why is it so hard? And can it be made easier? Most books and articles work on the basis that you know what you want, and go on to suggest ways to get it. They don't tell you how to make the actual decision, just that you should - yet that's the part that causes problems. The Big Difference is a book about choices. Choosing your goals, choosing your way, choosing how to get there, choosing what not to do, choosing who to be and not be. It recognises that with every choice, you're losing something. That's one reason choosing is so hard, but it can be made easier. This is also a book about momentum, and how to make that leap from understanding to action. By combining the right choice with your own momentum, you make big things happen for you. What this book will do for you: Tackle the issue that other books and articles skirt around - how do you actually make a choice? Really get you to be doing what you want to be doing, by stimulating you to think about when you are choosing (or not) Shows you how to get momentum for yourself and your life Inspire you to direct your own life, and not just go along with somebody else's version Are you doing what you'd rather be doing?

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