



Wake-up Calls: You Don't Have to Sleepwalk Through Your Life, Love, or Career!

By Eric Allenbaugh

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A witty and inspirational reminder to become alert and take advantage of those disturbing moments--failures, missed chances, personal problems--that interrupt normal lives and turn them into opportunities to promote change and growth. Reprint. 60,000 first printing. Tour.

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Wake-up Calls: You Don't Have to Sleepwalk Through Your Life, Love, or Career! By Eric Allenbaugh **Bibliography**

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Editorial Review

Review

A celebration of our own potential for limitless growth. It will help many to awaken. -- *Dr. Wayne Dyer*

A refreshing, gentle invitation to become far more than you ever imagined. It makes it safe and easy to grow. -- *Ann McGee Cooper, Ed.D., author of You Dont Have to Go Home from Work Exhausted*

At some time in our life, each of us experiences a wake-up call a divorce, a firing, a new baby, a near-death experience, a promotion, or a bankruptcy. Wake-up calls come in many forms, but they all momentarily force us to interrupt our normal thought and behavioral patterns.

This inspirational book helps turn lifes teachable moments into positive learnings. It shows how breakthrough moments offer choices and opportunities to discover new levels of awareness and growth, and offers practical strategies for linking head and heart to move beyond the stuck state to personal and professional fulfillment.

This unique book in itself becomes a wake-up call as you explore fresh insights for work or home, for you or a friend who has just had a wake-up call.

A beautiful book! Wake-Up Calls is full of practical ways to enhance your personal growth. -- *Ken Keyes, Jr., author of Handbook to Higher Consciousness*

From the Inside Flap

Are you fully awake? Do you sometimes hit your snooze alarm when you get one of lifes wake-up calls?

Sleepwalking through your relationships, career, or life can be costly and disruptive. We all get wake-up calls that range from a mild Aha! moment to a cosmic two-by-four. We can either pay attention and choose to grow from these experiences or recycle history by repeating old patterns that havent worked.

The insightful, yet gentle messages in this self-discovery book can assist you in experiencing greater joy and fulfillment by

Waking up becoming more conscious in your personal, family, and work relationships

Choosing to grow by stretching beyond your comfort zone

Learning straight-talk skills to be a more effective communicator and listener

Using pause power to tap into your internal resources and make better life choices

Learning how to work more effectively with relationship differences

Taking charge of your behavior and shaping your life results staying awake

This compelling and refreshing book will energize you on your continuing journey to positive self-discovery.

It will take you on a journey of increased inner awareness and outer effectiveness. You may never be the same again.

Brian Tracy

A must for todays leadership reading. Its principles have revolutionized the leadership team at my hospital.
Jim Boyle, president and CEO, Shawnee Mission Medical Center

From the Back Cover

Stop Sleepwalking Through Life! Transform times of chaos into opportunities for renewal . . .

Wake-up calls are those turning points in life that everyone experiences, those jolting events that command our attention. They can take the form of a crisis, such as a divorce, job loss, or serious illness. Or they can be more gentle discovering hidden talents, welcoming a new baby, starting a business. They may even be smaller Aha! moments that challenge our beliefs, values, and priorities. But often, instead of confronting these times of change and viewing them as opportunities for self-improvement, we resist by staying asleep and in our comfort zone.

Only you can control your response to life's wake-up calls. You can hit your internal snooze alarm and keep on living in the same way. Or you can use wake-up calls to strengthen your personal and professional effectiveness, and Dr. Eric Allenbaugh will show you how in this compelling new book. You'll learn that every wake-up call comes with corresponding choice points. If you choose correctly, you can shape your own life story and find success. You'll see how thinking like a victim makes you a victim only by accepting accountability for yourself can you learn and grow. Above all, you'll discover how to wake up and become more conscious in your personal, family, and working relationships.

Uplifting, comforting, witty, and wise, *Wake-Up Calls* will teach you how to read these life-changing messages, and will catapult you to new levels of positive self-discovery and fulfillment.

Users Review

From reader reviews:

Seth Sawyer:

What do you do about book? It is not important along with you? Or just adding material when you want something to explain what the ones you have problem? How about your free time? Or are you busy particular person? If you don't have spare time to complete others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Every person has many questions above. The doctor has to answer that question mainly because just their can do in which. It said that about e-book. Book is familiar on every person. Yes, it is appropriate. Because start from on pre-school until university need this kind of Wake-up Calls: *You Don't Have to Sleepwalk Through Your Life, Love, or Career!* to read.

Faye Wilson:

The book *Wake-up Calls: You Don't Have to Sleepwalk Through Your Life, Love, or Career!* has a lot of knowledge on it. So when you make sure to read this book you can get a lot of gain. The book was written by the very famous author. The writer makes some research just before write this book. This kind of book very easy to read you can find the point easily after perusing this book.

Jeannette Villalobos:

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It can bring you from one spot to other place.

Ora Orozco:

Some individuals said that they feel uninterested when they reading a guide. They are directly felt the item when they get a half parts of the book. You can choose the book *Wake-up Calls: You Don't Have to Sleepwalk Through Your Life, Love, or Career!* to make your own reading is interesting. Your skill of reading talent is developing when you such as reading. Try to choose very simple book to make you enjoy to read it and mingle the sensation about book and reading especially. It is to be initially opinion for you to like to start a book and examine it. Beside that the reserve *Wake-up Calls: You Don't Have to Sleepwalk Through Your Life, Love, or Career!* can to be your brand new friend when you're feel alone and confuse with the information must you're doing of the time.

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