



True North: Finding Your Life's Purpose

Paul Fenton-Smith

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This book is designed to help you find your 'true north' in life. It examines those things that may have taken you from your intended path in life, and offers practical tips to help you get back on track to a more rewarding life. True North is simple, accessible but not fluffy. It uses examples from real life to illustrate how practical goals differ from purpose. It offers clear steps to help you find and fulfil your own purpose in life. It also reveals the rewards of pursuing your life's purpose through personal, financial and spiritual fulfilment. Using case scenarios and exercises throughout the book, Paul Fenton-Smith helps us to: focus on any issues from the past or present that may be preventing us from reaching our destination in life; pinpoint exactly what it is we really want at the end of our journey; what we need to do to obtain true fulfilment, freeing yourself from other's expectations The book is aimed at all those people who are unsure what to do with their lives. It is suitable for business people who have no idea what to make of their lives, retirees who feel that life must have more meaning than is presently viable, and anyone who has not yet found what they can offer the world.

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