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Review “The best known life coach in America.” —*Psychology Today* “Martha Beck has a rare ability to see the world with wisdom and heart. She is a teacher in the truest sense of the word.”—**Harriet Lerner, author of *The Dance of Anger* and *The Dance of Connection*** “If you want to be like Oprah Winfrey—and who doesn’t—we have two words for you: Martha Beck.”
—*Boston Globe*

About the Author **MARTHA BECK, PHD**, is a life coach and monthly columnist for *O: The Oprah Magazine*. She has taught career development at the American Graduate School of International Management and was research assistant to Dr. John Kotter at Harvard Business School. The best-

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