



**Most People Don't Need a Therapist, They Just
Need a Change: An easy to use guided for positive,
sustainable change**

Monique DeMonaco

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If you are looking to change your life, this book is a must! If you'd like to be happier, healthier, more productive, and more at peace, this book is for you. If you want sustainable change—fast—this book is for you. Her formative years weren't kind to Monique DeMonaco, not at home, school, or in the internalized messages she carried around. In fact, Monique says she used to have so many issues, she needed U-Haul. After devoting 10+ years to creating sustainable change in her own life, Monique realized that other people wanted change, too. They just didn't want to devote a decade to achieving it. As Monique trained for a career in life coaching, she created tools, techniques, and an education system to deliver a path to change—one that is easy-to-learn, easy-to-use, and immediately relevant. Trust Coach Monique, wearing her trademark coaches' whistle, to guide you to learn the following: * How to respond to the negative, nagging Voice in Your Head * How to identify and master the thoughts and beliefs that sabotage your goals * How to quickly shift your body, mind, and energy to a positive place * Guidelines to communicate in ways that build lasting relationships * Quick techniques to build your confidence just when you need it

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