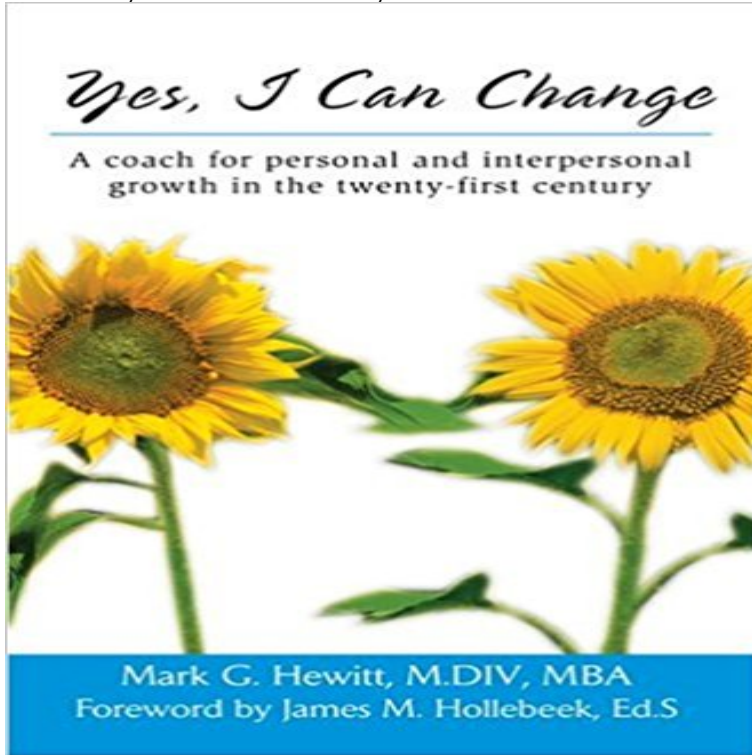


## Yes, I Can Change: A coach for personal and interpersonal growth in the twenty-first century



Change is normal. It is not to be avoided, ignored, or criticized. Change simply is. And it is overtaking you and your world with ever-increasing speed. You can grasp the changes in our culture and the changes in our technology and use them as a guide to make personal and interpersonal modifications. Who you were yesterday and what you did yesterday don't have to define who you are today and what you do today. You can change yourself. You can alter your routines, your emotions, and your personality. By discovering which facets of your being are eager for alteration, you can make personal reforms and change the course of history. Lest you think that all change is good, however, you are wise to beware of transformations that damage and the portions of changes that harm. Personal modifications are risky and dangerous unless you are able to locate and incorporate only the positive ones. You will change and your world will change. The decision for you is whether you will accept it and champion personal modifications, or whether you will be overwhelmed and watch the world speed past.

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