



## Metaphorm: A Powerful 10-Part Process for Creating Your Happy Life-Story (Paperback)

By Pamela Turton-Collens

Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Metaphorm programme was created by the author and is a unique, holistic approach, incorporating elements of life-coaching strategies, NLP, EFT and current thinking in applied positive psychology. The book is full of inspiring insights, examples and techniques which you can apply immediately to start shaping you and your life the way you want.

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