



Lights, Camera, Take Action: Fifty-Two Weeks to a Better Life, One Movie at a Time

Joe Williams-Nelson

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Everyone experiences pain and setbacks in their life. But life coaching can help you get back into the game of life by teaching you self-mastery over fears and beliefs that create obstacles to obtaining your goals. In *Lights, Camera, Take Action*, author and movie life coach Joe Williams-Nelson offers a guide to transform your life through movies. Throughout a yearlong period, Williams-Nelson details how watching one movie per week, reflecting on its message, journaling your thoughts and feelings, and following up with an action plan can help you gain control over your life. The movie "It's A Wonderful Life" will teach you to create a quiet space, to choose a title for your life plan, to choose a theme song for the year, and to find an inspirational motto for your life. "Jerry Maguire" will teach you to live with integrity, remain your authentic self, and create a mission statement. *Lights, Camera, Take Action* discusses the tools and principles used by some of the world's most successful people. It encourages you to follow along for fifty-two weeks while some of your favorite stars inspire you to create the life of your dreams.

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