



# How Do I Know?: Your Guide to Decision-Making Mastery

By Annita Keane



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Learn how to trust yourself again.

Do you second-guess your decisions? Worry that you are doing the right thing? It's understandable. There is so much information available in the world today that it has become more difficult than ever to choose the right direction. Every result in your life right now is a consequence of the decisions you have made so far.

Many people remain stuck in their lives and relationships because they struggle to decide what to do next. Others may base their decisions on what they have learned works for others but not necessarily for them.

*In How Do I Know*, Annita helps you discover:

How to identify decisions that no longer work for you.

What you can do to navigate your whole body intelligence-your “gut” instincts-to get you back on track.

How to use coaching to bring your life to the next level, one decision at a time.

Make decisions that work for you!

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