

The List.

List It. Live It. Love It.

Free Book – Wishcraft, by Barbara Sher

Barbara Sher is one of those “life-changing” people. If you haven’t read her books, please go to this website and download this one now or you can purchase it from Amazon. <http://wishcraft.com/>

WISHCRAFT IS 30!
30 years in print for this beloved book. [Join Barbara at the world-wide birthday party](#) with contests, idea parties and prizes!

WISHCRAFT
online

What they have in common—and what you can share—are Barbara Sher's effective strategies for making real change in your life. This human, practical program puts your vague yearnings and dreams to work for you—with concrete results.

You'll learn how to:

- Discover your strengths and skills
- Turn your fears and negative feelings into positive tools
- Diagram the path to your goal—and map out target dates for meeting it.
- Chart your progress—day by day.
- Create a support network of contacts and sources.
- Use a buddy system to keep you on track.

And much, much more!

This website will help give you the tools you need to attain your dream, starting with the e-book "WISHCRAFT" in Acrobat PDF format! Click below for the free downloads of the book in English, or [click here for Portuguese](#):

- [Introduction](#)
- [Chapter 1](#)
- [Chapter 2](#)
- [Chapter 3](#)
- [Chapter 4](#)
- [Chapter 5](#)
- [Chapter 6](#)
- [Chapter 7](#)
- [Chapter 8](#)
- [Chapter 9](#)
- [Chapter 10](#)
- [Chapter 11](#)
- [Epilogue](#)

Leave no dreamer behind!

Published in the 70's this book is timeless just like Barbara Sher. Her guidance, advice and recommendations are rock solid in living a life you want. I had the pleasure of spending a week in Southern France with Barbara and twelve other women from around the world.

Barbara is sincere and to the point (*and she has a sassy little dog that is the same!*). It was a bit intimidating going through the exercises but well worth the effort by everyone.

When we meet, remind me to share more about this life changing adventure!

Who in your life, has been a major life changer for you?

www.TheListCoach.com