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Top Ten Quiz: Is Book Coaching For You?

By Judy Cullins

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Author: Judy Cullins

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Top Ten Quiz: Is Book Coaching For You?

Athletes get top dollars because they use coaches. So can you who want to write a book to get the good word out to help others, to illustrate you are the savvy expert in your field, and to create ongoing monthly income that boosts your speaking or coaching business.

Number 1–10 on a separate piece of paper. On a scale from 1 to 10, 10 being high rate each of the following statements:

Not applicable 5

Don't agree 1 2 3

Somewhat agree or 5 for not applicable 4 5 6 7 8

Totally agree 9 10

Score 1 to 10 on each point below. Then add them up to see if you are ready for Bookcoaching.

__1. I will learn the latest from a book coach professional on self–publishing that frees me from assuming it's too much time or money.

__2. I want to short cut my problems and blocks by creating a savvy coach partnership.

__3. I am willing to let go of my self–limited beliefs about the book.

__4. I am willing to take action and finish—to add at least one high level activity (HLA) per day toward finishing this project. (10 hours a week)

__5. I will show up to my committed coaching times via the phone and email.

__6. I will finish and email the "field work" assigned by my coach before our next session.

__7. I am willing to learn more about the business side of books.

__8. I will listen to feedback and improve the book to sell well.

__9. I will have fun with the project and know it's easier than I thought.

__10. I know I'll benefit from someone helping me stay on track.

Check out Your Score:

--Under 30--

Book Coaching is not for you right now.

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--31 to 60--

Remember that book building takes time although through mini steps, you do finish. You may want to look at what you need to let go of to make your book dream a reality. You can only work so many hours a week. However, if you decide to work with a book coach now, you should decide and commit that you will do the high level activities necessary to finish and reap the benefits.

--Over 60--

Congratulations! You are ready for a Book Coach! You are willing to put your book dream near the top of your priorities and do whatever it takes to finish it.

Remember any journey is easier with a partner--and much faster to the finish line, too.

Judy Cullins: 20-year author, speaker, book coach
Helps entrepreneurs manifest their book and web dream
Bk: "Drastically Increase your Web Traffic and Sales"
7000 Melody Lane, La Mesa, CA

91942
<http://www.bookcoaching.com/teleclasses.shtml> To receive FREE "The Book Coach Says..." or Business Tip of the Month go to
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Do You Really Need a Friend Quiz To Tell If Someone Is Your Friend?

By Brian Fong

Q. I took a friend quiz in a magazine and it says that I don't make a very good friend. Can that really be true?

A. First, let me say congratulations! If the quiz said that you don't make a very good friend then you must have answered the quiz honestly, at least from the friend quiz author's point of view.

Now let's delve into the content of the quiz. The bad thing about a friend quiz is that it is automatically biased by the author's opinion of what makes a good friend.

For example: There might be a question that asks:

Your friend wants you to cover for her by telling her mother that she is sleeping at your house when she is really going to an all night party with her boyfriend. Do you say:

A. "No problem." B. "I'll do it but I'd rather not." C. "No way, you're on your own girlfriend."

What's the right answer? Well, the morally right answer is obviously "C". Would that make you a better friend than either "A" or "B"? Yes, actually, it would. There is a very good chance that something bad is

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going to come out of the all night party. Your friend could get drunk and become a victim of date rape, get injured or killed in a car accident, or get arrested if the police raid the party. As a good friend, you should care more about your friend's safety and security than her having a good time doing something that she has to lie about.

However, if the friend quiz rates you a snitch because you answered "C", then, according to the author, you're not a good friend.

Look. You don't need a friend quiz to know if you're a good friend, or if someone else is a good friend to you. Take the quiz for the fun of it, but don't take it seriously. Your heart knows if you are a good friend and what it means to have a good friend. Trust your instincts and not some stranger's value system. A person's friendship is far too valuable a gift to trust the results to a friend quiz.

Brian Fong runs the popular quiz site

Quiz Faq – Your solutions for the quiz.

Do You Really Need a Friend Quiz To Tell If Someone Is Your Friend?

Is There Such a Thing as a Popular Quiz?

Did You Hear The One About The Funny Quiz That Was Walking Past a Graveyard?

Taking the Love Quiz

Marketing a Professional Practice Free By Writing

Expand Your Professional Coaching and Consulting Business

The Great Big Book of Internet Marketing

Hitting the Search Engines

Brian Garvin's MLM Secrets

Inside The Minds of Winners



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