



# Successful People are Full of C.R.A.P.: A Step-by-Step Guide to Getting it Together And Achieving Your Dreams

By Rachel Luna

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## Successful People are Full of C.R.A.P.: A Step-by-Step Guide to Getting it Together And Achieving Your Dreams By Rachel Luna

Have you ever looked at the successful people you admire and wondered — How do they do it? The freedom. The wealth. The underlying sense of purpose. Successful People Are Full of C.R.A.P has the answers, and they may surprise you. Rachel Luna, international success coach and owner of TheTailorMadeLife.com, created this action-packed guide based on her work with hundreds of women who all without a doubt had one thing in common: they wanted **more**. While many of us believe successful people are inherently “different,” Rachel’s road to fulfillment convinced her otherwise — they were full of **C.R.A.P.**

**Courage:** Seeing your fears for what they really are and moving forward in spite of them.

**Resilience:** Strengthening your spirit and teaching yourself how to bounce back quickly.

**Authenticity:** Living the dream YOU’VE always wanted, not someone else’s.

**Perseverance:** Walking through feelings of resistance.

In this book, Rachel takes you step-by-step through the process of planning, achieving and celebrating the life you’ve always wished for. She’s also included a series of interviews with some of her favorite success stories — Marie Forleo, Fabio Viviani, Shama Kabani, Sergeant Major John Estrada & more — to provide real life C.R.A.P. examples.

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### **Editorial Review**

#### About the Author

Found and owner of **TheTailorMadeLife.com**, a full service life and business coaching practice, **Rachel Luna** is passionate about helping women create inspired and fulfilled lives. Her mission is to **change the world, one life at a time**. She is an expert success coach and speaker with a proven track record for helping her clients get results. Through one-on-one sessions, workshops, retreats and group coaching sessions, Rachel helps women gain clarity, find their passion and pursue it with purpose, and experience radical growth and change. Rachel has been seen all around the web and was recently featured in the nationally published, Latina Magazine.

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