



## Life Coaching: Clearing the Four Inch Hurdle

*Dr. Marvin Sprouse, Dr. Charline Sprouse*

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## **Life Coaching: Clearing the Four Inch Hurdle** Dr. Marvin Spouse, Dr. Charline Spouse

You deserve an explanation of the title to this workbook. We talk about four inch hurdles in a previous Book we (The Spouses) wrote titled THE WORLD'S GREATEST MOTIVATOR. We suggest that life often presents obstacles which appear as great twelve foot hurdles. Most people have no clue or the ability to deal with a twelve foot hurdle so we suggest breaking down those huge hurdles of life into very manageable four inch hurdles, obstacles almost anyone can clear.

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