

# Mind Coach Shirley of A Life to Live to be Featured on Close-Up Talk Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- Your mind is the most important muscle in your body. This muscle needs to serve you and not the other way around. If you want to achieve different results in your life, your mind is the only tool you need to focus on to make them happen.

For nearly 15 years, Shirley Polak, better known as [Mind Coach Shirley](#), has taught her clients how to use their minds more efficiently to improve their mental habits and create the life they really want.

“I work with my clients to use their mind in a very organic way, the way the mind should work,” explains Shirley. “Being a mind coach is about what’s going on in your mind right now, and together we decide what we want to keep and what we want to say bye-bye to.”

According to Shirley, you can improve your personal and business life simply by changing the way you think, talk, act and see yourself in life. Shirley helps her clients rid themselves of their old, ineffective mindset by teaching them how to create new conversations in their mind that serve them better in their daily life.

“Be aware of your internal conversations every 30 seconds of your day and let’s decide whether the things you tell yourself serve you to get what you want or not,” says Shirley. “We know we need to let go of these ideas, but because we don’t know what to replace them with we get stuck. I don’t talk about goals. I talk about daily results. We break our challenges down into small steps and small actions. That’s the only way people can move forward and do more.”

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*Mind Coach Shirley*

Shirley says she developed her approach to mind coaching based on her education in psychology as well as her own experience.

“I know what it’s like to wake up one morning and notice a [change](#) and how unbelievable that is,” recalls Shirley. “And to find out a few days later that this change wasn’t going away was even more unbelievable. I decided to take that experience and teach others to do what I’ve been able to do for myself.”

Close-Up Talk Radio will feature Mind Coach Shirley in an interview with Doug Llewelyn on August

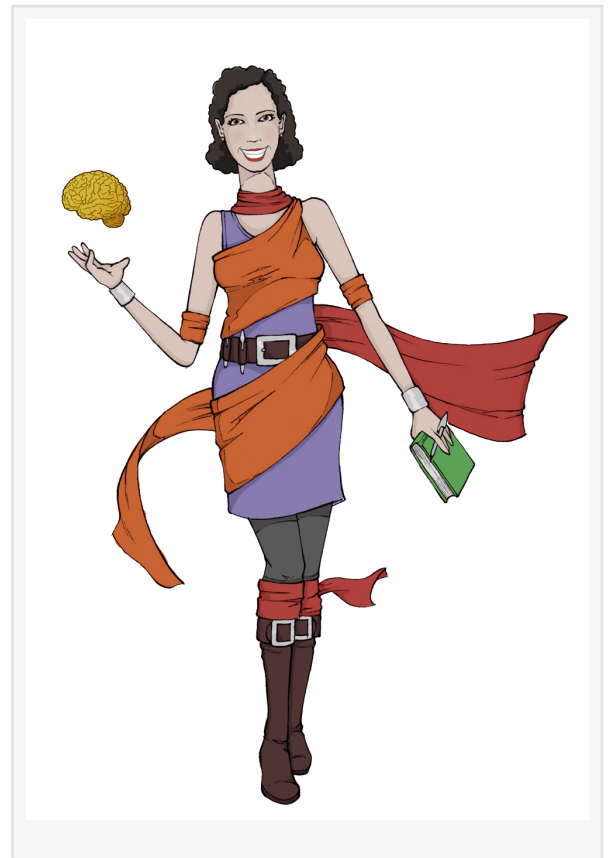


5th at 11am EST.

Listen to the show  
[www.blogtalkradio.com/closeuptalkradio](http://www.blogtalkradio.com/closeuptalkradio). If you have a question for our guest, call (347) 996-3389.

For more information on Mind Coach Shirley, visit  
<http://www.alifetolive.net/>

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