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*Mariano Angel Puerta*

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In this book, Mariano Puerta, creator of the Coaching Golf method, based on his experience as professional Coach and golfer, shows us how he has gone through an impressive road leading him to changing his life and the lives of his clients, not only golfers. This book arises as a compilation of articles, reflections and interviews published in different media, all written as the result of experience and the implementation, during several years, of techniques and methods for executive, personal and sports Coaching, applied both to his own life and to his clients, people of different ages, social and professional conditions. As Mariano remembers in the book, after this process, he has achieved living as he wants, doing what he wants and as he always dreamed, being happy. The desire of the author by publishing “Never go to bed without a dream or wake up without a hope” is that readers find an inspiration in it in order to reach and fulfill each and every one of their dreams, so that they can see by themselves through this Coach’s experience how, hand in hand with Coaching, the road towards the fulfillment of all personal, social, emotional and professional goals - among others- can be found.

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