

365 Inspirations For A Great Life - Lynda Field Associates

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Accessible, simple yet highly effective tips and exercises to enable you to become the person you want to be and bring positive energy into your life. 365 Ways to Feel Fantastic provides daily strategies to create the reality you want, overcome obstacles and realise the powerful effects of your own thoughts. In this way you can transform yourself, your relationships, your body, your self image, your bank balance and your spiritual context. Written with humour and insight, this book sets out the small steps that will inspire you to make quantum leaps towards making your life fantastic. Author: Lynda Field Associates Publisher: Ebury Digital Illustration: N Language: ENG Title: 365 Inspirations For A Great Life Pages: 00384 (Encrypted EPUB) On Sale: 2011-03-31 SKU-13/ISBN: 9780091887575 Category: Self-Help : Personal Growth - General

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