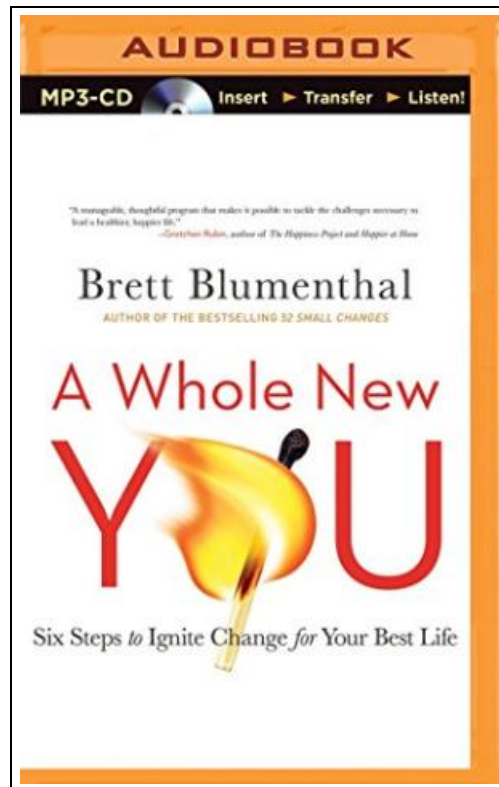


A Whole New You: Six Steps to Ignite Change for Your Best Life



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Reviews

*Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).
(Roel Bogisich Sr.)*

A WHOLE NEW YOU: SIX STEPS TO IGNITE CHANGE FOR YOUR BEST LIFE



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BRILLIANCE AUDIO, 2015. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. From the author of the bestselling book 52 Small Changes comes a smart, practical approach to reinventing any aspect of your life that s not working for you. Whether you want to start eating healthy, switch careers, or improve a relationship, Brett Blumenthal s A Whole New You will inspire you to take control of your life and to live at your very best. Drawing on her own experience with personal reinvention, her professional work as a change management consultant, and her studies in the fields of psychology and human behavior, Blumenthal breaks down how to successfully reinvent your life in six steps. Each stage is comprehensively explained, with action items, tools, and resources to enable you to follow through and effect change in your life. In A Whole New You, Blumenthal will lead you through: - The three times in your life when you re at your most ready for change, including during life transitions and after trauma - The symptoms--rational, emotional and physical--that indicate you need change - How to stay motivated by making an investment in your success - Finding ways to capitalize on your strengths, making change easier A Whole New You is for anyone who wants to make a change but not sure where to begin, or for those who ve tried to make a life improvement in the past but failed. With the right tools and knowledge, you ll be able to reach your goals and live not just a good life or a better life--but your best life.



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