



Life Makeovers: 52 Practical Inspiring Ways to Improve Your Life One Week at a Time (Paperback)

By Cheryl Richardson

Random House USA Inc, United States, 2002. Paperback. Book Condition: New. Reprint. 203 x 130 mm. Language: English . Brand New Book. Now in paperback, the New York Times bestseller--featuring a powerful program that shows you how to reclaim your life one week at a time. Cheryl Richardson, the bestselling author of Take Time for Your Life, known to millions for her Lifestyle Makeover series on The Oprah Winfrey Show, recognizes firsthand how tough it can be to juggle the daily demands of living in a fast-paced world, and how easily you can become disconnected from your true self and what makes you happy. In Life Makeovers, she has taken all the know-how and insight she has gleaned from her years as a personal coach and distilled it into a simple, year-long program that shows how making small changes, over time, can have a huge impact on the quality of your life. In fifty-two simple yet profound essays, Richardson provides a plan for both reflecting and taking action, along with specific, practical advice and exercises to help readers gradually and permanently remodel their lives, week by week. Easy to use and fun to read, this workbook is the perfect companion...



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This written book is excellent. It really is rally fascinating throug studying period. You are going to like the way the writer write this publication.

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