



Life Diet: Loosing the Weight of Unnecessary Baggage to Live a Full and Happy Life (Paperback)

By Allison Blondell

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this time of recession, many of us have put our dreams behind us as it seems almost impossible to strive towards success when your focus is on keeping your head above water. The Life Diet offers simple exercises that support you in releasing the emotional baggage that may have held you back in the past. It puts clear steps in place to achieving your dreams and goals and even includes examples of a character who is trying to make changes, so you can both take part in this journey of self discovery together. Go on, stop putting yourself last, and do something for yourself today. Take the Life Diet. Allison is an inspiration! It is easy to dwell on the doom and gloom of the current economic climate, not with this book! Allison shows a whole new way of looking at life and gives real practical steps to feeling better and taking small, but life changing steps. The simple exercises make this book unique, as each person will go on their own journey. If you know yourself 100 and don t want...



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