



31 Day Challenge to a Changed You (Paperback)

By Sadhvi Siddhali Shree

Siddha Sangh Publications, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why Change? Everyone faces different challenges emotionally, mentally, physically, and spiritually, however, such challenges should not keep you from leading a happy, peaceful, and successful life. Sadhvi Siddhali Shree believes that even Small Change is Big Change. 31 Day Challenge to a Changed You is the perfect and practical daily guide to help you make changes in various aspects of your life including self discovery, self awareness, facing fears, finding inner peace, living in the present moment, overcoming adversity, saving money, and being healthy. Through tough love sugar-coated with compassion, Sadhvi Siddhali Shree will help you confront issues by taking baby steps towards personal change and transformation. About the Daily Challenges Keeping the practical guide straight forward and easy to follow, each daily challenge introduces personal and societal issues, the benefits of improvement, self reflective thoughts to consider, and a specific course of action to bring about that change - big or small. Challenge to Change Change yourself by refraining from abusive language and Think Before You Speak. Change yourself through Anger Awareness and negativity and frustration will dissolve. Change yourself and...



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