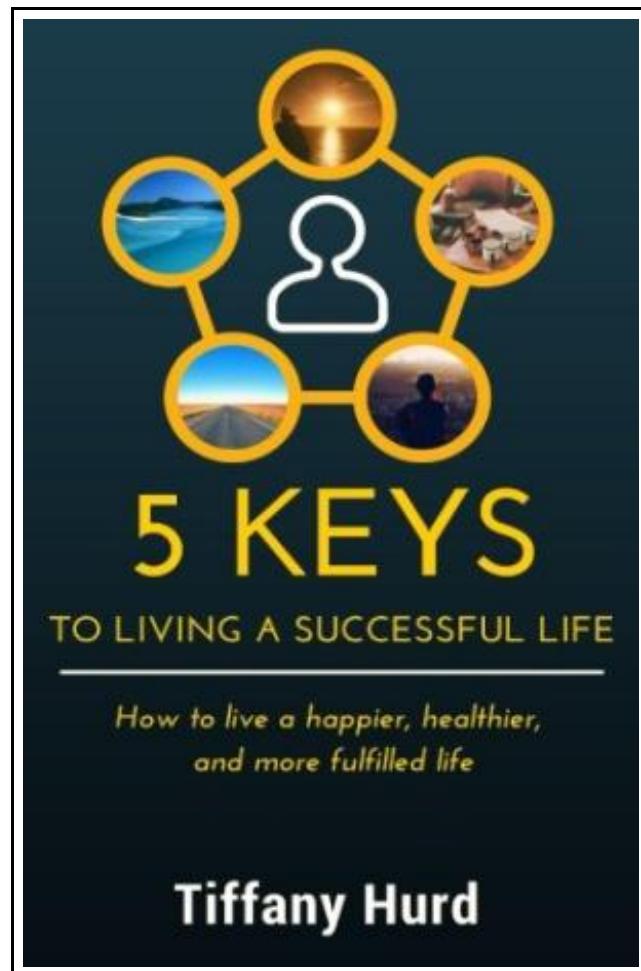


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Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****. This book was written in a way to guide you through the beginning stages of a personal transformation. It will assist in your growth in areas you have struggled in, as well as, in areas of importance to live a healthy happy life. Throughout this value packed book you will receive a 7 day meal plan, resources to improve efficiency, a FREE 10 day action guide with templates, techniques on living a life of holism, tips on de-cluttering your life, and much more! The five keys below are the ways you will discover freedom and improvement in your life. Not only do we dive deep into why each of these are necessary but we breakdown how to implement them in your life. We use mental exercises, self-analysis techniques, encouragement, action steps, and strategies to find the best way to build these into healthy habits. Using only what works for you is important to remember. The Five Keys to Transforming Your Life: 1. A Life of Holism 2. Defeat Limiting Beliefs 3. Boosting Confidence While Building Character 4. Cultivating Health for the Optimum Body 5. Create the Ultimate Environment Bonus Key: At the end of the book!.



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