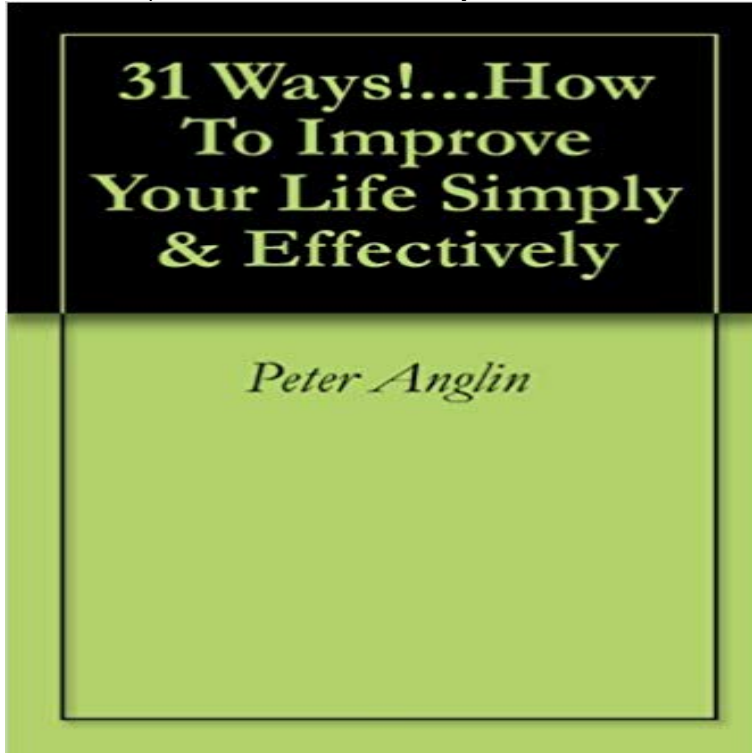


31 Ways!...How To Improve Your Life Simply & Effectively



If you are like most people in today's modern world, you probably feel as if life is living you more than you are living life...and it's no surprise given everything you have to contend with each day. However, despite the overwhelm you and many others may so often feel, it's important to remember you are still the one in control of your precious and beautiful life and nobody else. 31 Ways!...How To Improve Your Life Simply & Effectively, is a collection of 31 powerful, transformative and yet simple insights, that can help you reclaim the power and control over your life you thought you may have lost. Often in life, it all it takes to get us back on track, re-focussed and energized, are a few simple words of guidance and wisdom. A few words that can help dispel the clouds of uncertainty and confusion that often envelop us. If you'd like to feel a gentle breeze of change, then perhaps this book could be of value to you.

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