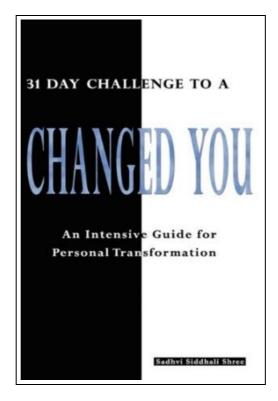
31 Day Challenge to a Changed You (Paperback)



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Reviews

Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.

(Meagan Beahan)

31 DAY CHALLENGE TO A CHANGED YOU (PAPERBACK)



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 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 connect to your Inner Child to believe all things are possible again. Change yourself to Break Habits that are unwanted, unhealthy, and undesirable. Change yourself in order to Achieve what you ve always wanted. Take up the 31 Day Challenge to a Changed You and transform your life. There is no better time than to START NOW. About the Author Sadhvi Siddhali Shree is the Spiritual Director of Siddhayatan Spiritual Retreat Center located near Dallas, Texas. An Army Combat Medic Veteran of Operation Iraqi Freedom III, Siddhali Shree has witnessed the mental, emotional, physical, and spiritual effects of war, violence,...



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