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THE QUIRKZ HANDBOOK OF SELF-IMPROVEMENT FOR PEOPLE WHO ARE ALREADY PRETTY OKAY (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. This Quirkz Handbook is a lighthearted but serious exploration of self-improvement, framed as a 30-day challenge. Each day s exercise is designed to take roughly half an hour, easily accomplished by someone who is currently pretty okay, more or less. This book makes use of the Seven Axes of Development (that s ax-ees, as in the plural of axis, not axes,...

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- Authored by Aaron Rath
- Released at 2017



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