

# Changing Habits

"... read *Changing Habits* and start training for your life."  
—Bernie Siegel, M.D.

## CHANGING HABITS



**The Caregivers' Total Workout**

*Debbie Mandel*

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著者:Macomber, Debbie

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Readers will be fascinated by the descriptions of convent life as it is experienced by these women. Their crises are deeply moving and strike at the very heart of their faith. Eventually each woman reinvents herself in the "outside" world, the world of ordinary life...and love.

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