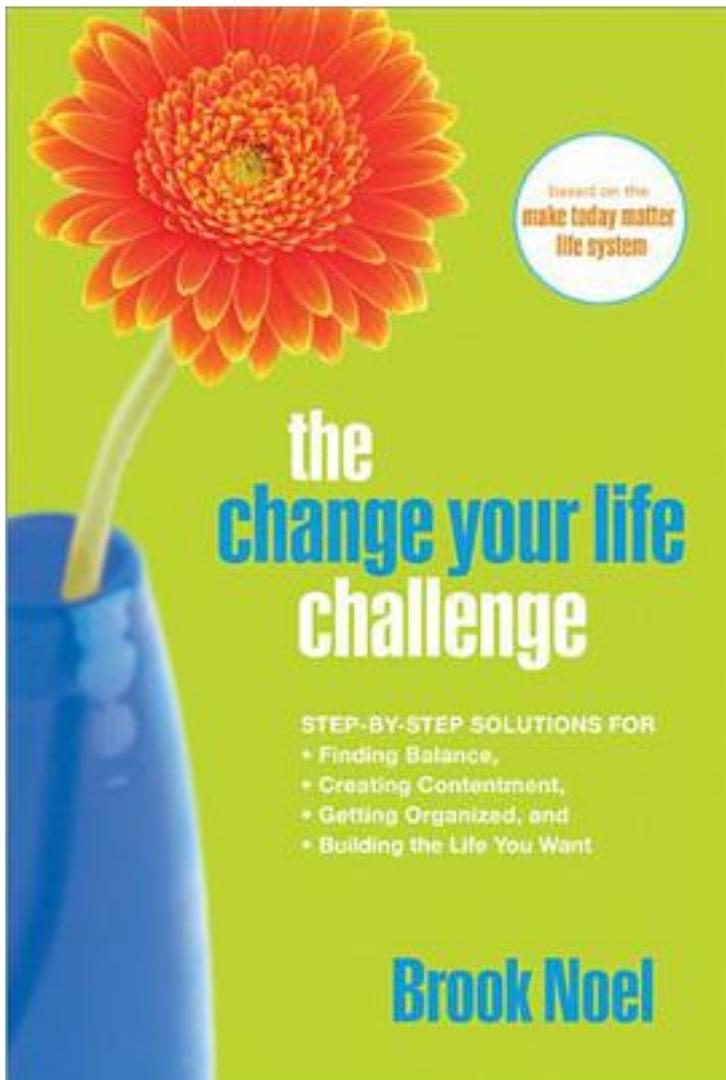


The Change Your Life Challenge



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著者:Noel, Brook

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"Over 90,000 women, many of whom felt the same way, have CHANGED THEIR LIVES for the better using the strategies in this book." Are you struggling to keep up with life? Do you have a list of to-dos you will get to "someday?" Are you tired of mood, attitude, and energy swings? Have you tried other "life management" programs with little success? Are you overwhelmed by the needs of others, leaving little time for yourself? Created by life management expert Brook Noel, The Change Your Life Challenge offers easy but effective step-by-step solutions for implementing lasting change in every major life area: * Housework * Health * Energy * Joy and Purpose * Friends * Family * Money * Sanity and Centeredness * Chaos and Clutter Clearing * Time Management * Organization The three-part journey begins with a written "before" snapshot to identify what areas are holding you back and to create an action plan tailored to your personal needs. Next, you'll find fifteen steps that can revolutionize virtually any area of your life. Then you'll work through a series of Mini-Makeovers, with each makeover offering five practical strategies for how to apply the idea to your life today. The Change Your Life Challenge is a perpetual book. Inside you'll find instructions on how you can continue "living the challenge" for lasting benefit.

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