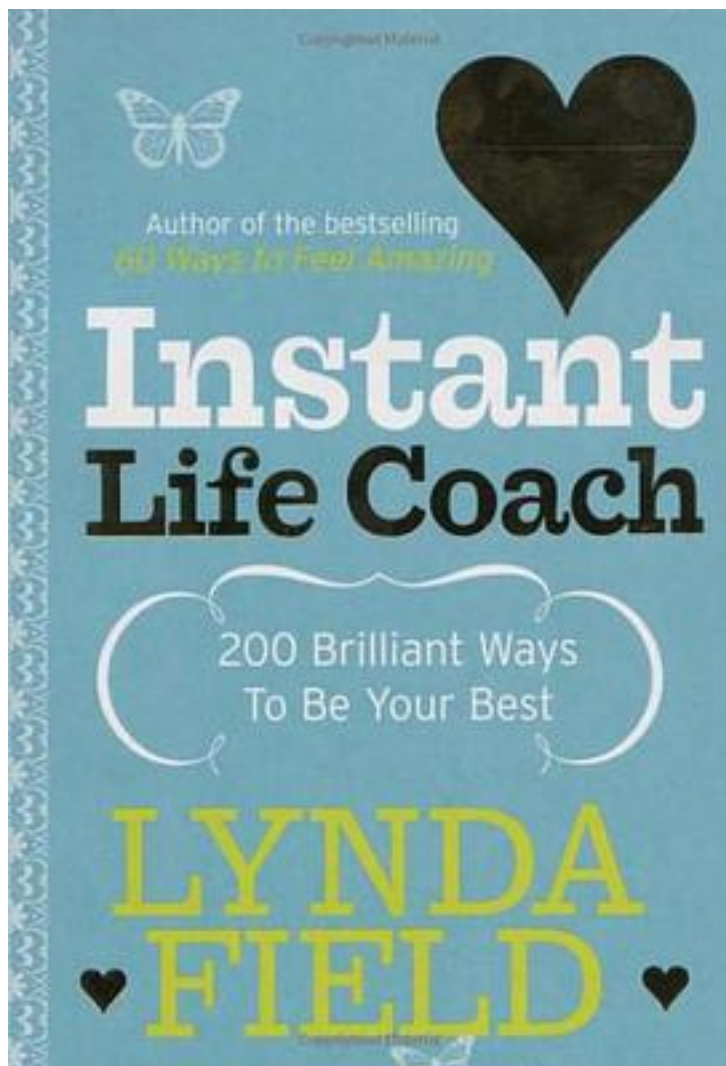


# Instant Life Coach



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Quick and effective tips to help busy people make the most of every day. Simple and direct advice that can be taken on board at a glance, but will bring about real change.

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