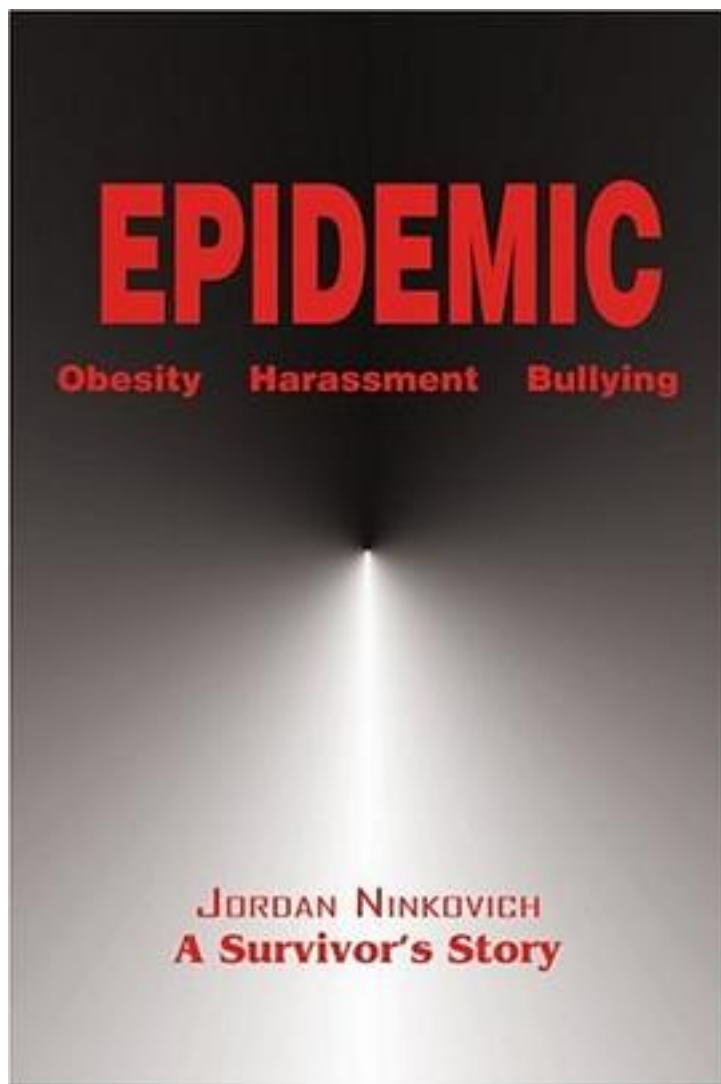


# Epidemic



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出版者:

出版时间:2006-9

装帧:

isbn:9780595675869

Epidemic is an inspiring book that is intended to motivate any individual, but particularly the youth of North America who are living with stress and not fulfilling their life's potential due to the pain of obesity, bullying or harassment. This negative behaviour can seriously affect the self-esteem and personal growth of children and can be carried along with them well into adulthood. Epidemic addresses this growing problem and presents the answer on how you can overcome this epidemic. My book teaches you how to have a positive outlook on life and how to make your dreams become a reality by showing you the path to success. By learning how to take control of your life through a positive attitude, visualization and meditation you will realize the answer lies hidden within you. I'm on a mission to rid obesity, bullying, harassment and negativity from the lives of young people and it's my hope that as a society who treasures their children we recognize that many are silently suffering from this epidemic. Epidemic can give your child the tools to overcome adversity and achieve the success they envision for their future.

作者介绍:

目录:

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