



More Than 60 Ways To Make Your Life Amazing

Lynda Field

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From the bestselling author of 60 Ways to feel Amazing comes this highly practical and inspirational guide for women who want to live life to the full. Whatever the issues are in your life, Lynda Field takes you straight to the heart of the problem. Through practical exercises and over 120 motivational 'power points', her upbeat guidance will help you develop a new sense of personal strength and a positive , energized approach to life, which is, after all, amazing.

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