



The Power Book: A 7-Step Life Makeover (Paperback)

By Dawn Breslin

Hay House Inc, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. A pocket rocket! This dynamic book is a total first aid kit for overcoming problems such as fear, anxiety, depression, lack of self-confidence and addiction. Using affirmations, accelerators, action plans and very effective strategies, Dawn Breslin, the popular TV People Coach, has created a fantastic prescription book to heal what ails us. This book is an ideal way to start the New Year in a positive way. It will help people to kick those habits and self-limiting behaviour patterns burst into the New Year with a positive attitude.



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