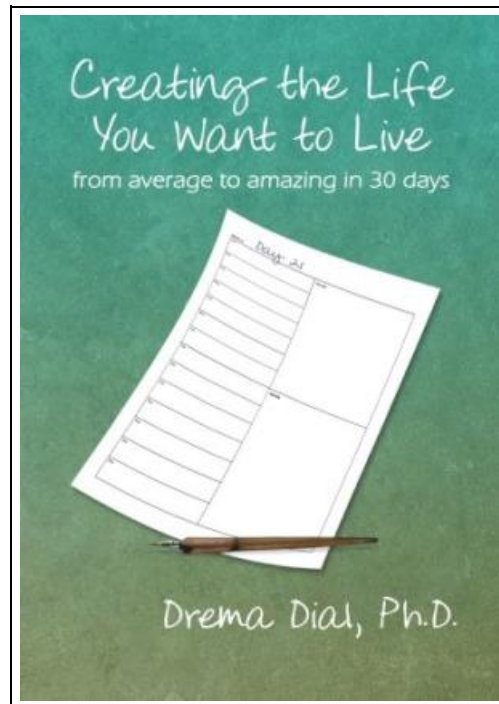


## Creating the Life You Want to Live: From Average to Amazing in 30 Days



Filesize: 3.29 MB

### **Reviews**

*Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.  
(Jayda Lehner Jr.)*

## CREATING THE LIFE YOU WANT TO LIVE: FROM AVERAGE TO AMAZING IN 30 DAYS



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 140 pages. Dimensions: 10.0in. x 7.0in. x 0.3in. Creating the Life You Want to Live: From Average to Amazing in 30 Days is a compact, no-nonsense guide to living a rich and fulfilling life and managing the obstacles on your path to that life. Dr. Dial shares proven strategies for improving your self-image, boosting your confidence, making well-informed decisions and minimizing the negative forces in your life. Shes the best friend that tells it to you straight while making you laugh and your therapist all rolled into one. Dr. Dial knows the obstacles you face in making changes in your life, and she knows how to help you overcome them. Life is full of surprises. Just when you thought you were destined to live an unremarkable life, you realize you dont have to settle. And you find the courage to make a change. Just when youd given up on a goal or lifelong dream, something or someone gives you the strength and determination to make it a reality. Change is hard, and Dr. Drema Dial doesnt sugarcoat that fact. But she also knows the hard work that change requires is worth it and that we are all capable of more than we think we are. In ten concise chapters, Dr. Dial addresses topics essential to an amazing life, from practicing self-care and listening to your inner compass to improving your communication skills and managing toxic people. She also includes Real Life stories of individuals who have taken control of their destinies and changed their lives for the better. Whether you want to replace a bad habit with a healthy one or you want to improve a relationship, Dr. Dials book and her Amazing 30 Challenge is a great...



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