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The Art of Changing: Your Path to a Better Life

By Susan Peabody

Celestial Arts. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.3in. x 5.5in. x 0.4in. Bored, unsettled, lonely, depressed, or addicted The truth is that to solve your problems you must embrace change. Self-help author and teacher Susan Peabody has seen it happen over and over again-her students want to turn their lives around but cant cope with the challenges on the road to change. In THE ART OF CHANGING, Peabody explains how to cross the bridge between the problem and the solution. She offers inspiration and direction on how to become willing, use the spirit, find motivation, find group support, and deal with stumbling blocks to change. Dreams can come true if we can learn the delicate ART OF CHANGING. A follow-up book from the best-selling author of ADDICTION TO LOVE, addressing the challenges of turning ones life around, whether one suffers from addiction, depression, or boredom. Susan Peabodys first book, ADDICTION TO LOVE, has sold 40, 000 copies. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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