



Rebuild Yourself in 3 Steps

By Nadia Sylvester

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 70 pages. Dimensions: 9.9in. x 7.9in. x 0.2in. Rebuild Yourself in 3 Steps is a workbook, a programme that encompasses the subjects and themes covering up to 3 Life Coaching sessions. It is available and accessible to everyone at a reasonable cost. It is a 3 Steps workbook require to be complete one step at a time. The 3 Steps are as follows: - 1. Self-Discovery 2. Put Ideas Together 3. Action Them Do not be daunted by the programme, as at every step of each stage you have the assistance of a friend and guide with helpful hints and tips on how to complete each part. This item ships from La Vergne, TN. Paperback.



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