



37 Days of Different: A Guide to Break Out of Your Boring Routine and Start Changing Your Life

By Camilla Kragius

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Old habits are hard to break, but with a few simple tweaks outlined in this easy-to-follow, life changing guide you will be ready to conquer your fears and move well beyond your comfort zone and into a place that will invigorate you mind, body, and soul. 37 Days of Different is designed to give you daily inspiration to try something new or to tweak one small thing in your daily life and discover that you had the power in your hands all along to lead you down a happier, more fulfilled path in life. Why allow yourself to remain in a rut, when there s so much more life to live. Breaking a habit is said to take twenty-one days. This easy-to-read guide takes you through that process and beyond, offering inspiration, encouragement, anecdotes, and a place to jot down your personal daily experiences while making a huge impact on your life without having to add another thing to your already long to-do list. Add more life to your world. Live the life you ve always wanted or,...

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