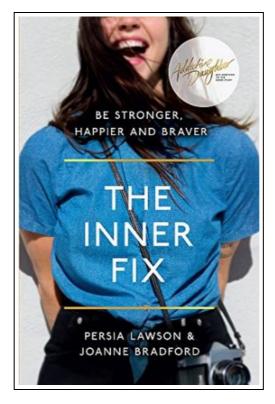
The Inner Fix: Be Stronger, Happier and Braver. (Paperback)



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Reviews

Merely no words and phrases to spell out. It is actually writter in basic words and phrases instead of difficult to understand. Your way of life span will probably be enhance as soon as you complete reading this article ebook.

(Lauren Quitzon)

THE INNER FIX: BE STRONGER, HAPPIER AND BRAVER. (PAPERBACK)



Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand New Book. THE INNER FIX is a unique and practical step-by-step programme to help you dramatically improve your relationships, feel more confident and satisfied with your work, confront your financial blocks and become the best version of yourself - both inside and out. With our lives being overrun by social media and celebrity culture, being twenty-something has become pretty complicated. Wanting things we can t afford, finding ourselves stuck in a job we don t enjoy, or still living at home with mum and dad, we reach for things to try to perk us up (sex, booze and drugs) - but eventually, they turn out to be the very things that bring us down. Having been caught in a cycle of self-destructive behaviour and come out the other side, Persia and Joey - friends, life coaches and founders of Addictive Daughter - colourfully chart their lives from childhood insecurities to adolescent obsessions. With tools and exercises to work through at your own pace, THE INNER FIX is guaranteed to teach you how to stop worrying and start living. I love these two, they are the dream team to help you fall back in love with yourself. - Madeleine Shaw A guide on how to build a happy, purposeful life in uncertain times. - Stylist.



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