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Your Best Year Yet: 7 Simple Ways to Shift Your Thinking and Take Charge of Your Life

Ms Kelly M Exeter

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For those who are tired of feeling overwhelmed and directionless, this short, sweet little book will leave you with the same energy and purpose you get from a candid chat with a great friend.

In Your Best Year Yet, Kelly Exeter looks at the life lessons she's learned the hard way. With brutal honesty, practical advice and inspiring examples, she shares 7 simple ways to shift your thinking for the better. When the last page is turned, you'll feel fully equipped to:

- Make better decisions;
- Form better habits;
- Manage your time better; and
- Simply be the best person you can be.

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