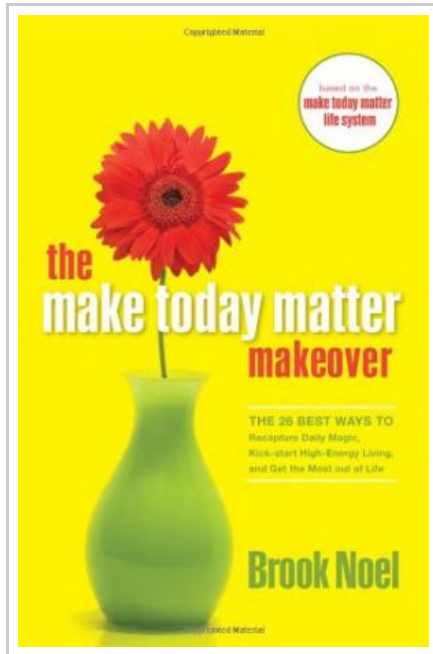




The Make Today Matter Makeover: The 26 Best Ways to Recapture Daily Magic, Kick-Start High-Energy Living, and Get the Most Out of Life (Paperback)

By Brook Noel

Sourcebooks, Inc, United States, 2009. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Let go of what you cannot control and focus on the action you can take today to make the most of these twenty-four hours-to make today matter! Now is your moment--begin living the life you want today Do you spend countless hours planning how your life will unfold? Do you look back at the path you wanted to take? Do you dream about the magic you might have missed? Do you worry about the days ahead? There s never been a better time than now to begin building the life you desire. Rediscover your true priorities as a woman, mother, daughter, wife, sister, or friend. Uncover the life areas that may be holding you back and then chart your own course through 26 action-oriented mini-makeovers, each carefully designed to inspire positive, lasting change in the life areas that matter to you most. These mini-makeovers represent the best-loved fan favorites from the more than 200 options within the Make Today Matter System: Live by Your Priorities Improve Relationships Manage Time Save Money Regain Energy Uncover Your Core Values Find Balance Manage Mealtimes...



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