



Instant Life Coach: 200 Brilliant Ways to be Your Best

Lynda Field

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Instant Life Coach is packed full of excellent ways to enjoy and take charge of your life. In it, bestselling author Lynda Field offers simple and direct advice that can be taken on board at a glance, but which will help you change your life for the better.

You will discover instant tips on how to have fantastic relationships, make the most of each day, look good, deal with your finances and career, increase your personal power, create self-esteem, and fulfil your true potential. Easy to follow, but brimming with helpful ideas, however busy you are, *Instant Life Coach* will help you to make the most of every single day of your life.



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