



Have the Best Year of Your Life

By Jane Matthews

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Have the Best Year of Your Life, Jane Matthews, Are you ready for a life worth living? A life with more joy, discovery and purpose - the best year of your life? Then let Have the Best Year of Your Life be your companion on a 12 month journey to identify and break free from what's holding you back, teach you tools for a richer, more fulfilling life, and gently move you in the direction of your dreams. You'll find a short activity for each day of the year: a treasure store of exercises, ideas, challenges and fun that will ensure your life no longer looks or feels the same by the end. Our best chance of making real and lasting change comes not from quick fixes but from taking regular small steps. Whether you're feeling stuck, living on automatic, or are simply determined that this year won't be the same old, same old, Have the Best Year of Your Life will guide, energise and inspire, and show you how to start living the breadth of your life as well as its length.

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