



Your Ultimate 365 Day Guide to Self-Improvement (Paperback)

By Dr Gerry Canfield Phd

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Discovering your deeper potential for success, happiness, health and fulfillment can change your life and open up the possibility of a truly empowered existence. Dr Gerry Canfield brings decades of professional experience and expertise to this comprehensive guide to the art of successful living, exploring the importance of setting goals and managing your time, developing better relationships and becoming an effective leader, taking better care of your body and using supplements to boost your health. The material in this book is for every day of the year. It s a 365-day journey to a greater expression of your true potential and I salute your commitment to living the best possible life that you can. Enjoy the journey! If you ve ever come across the idea that every day, in every way, you re getting better and better, you can thank an early French pioneer in the field of self-transformation, the celebrated Emile Coue, for deciding to share the benefits of his methods with the rest of the world during the nineteenth century. The purpose of this book is to lend weight,...



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