



You Can Change Your Life: Easy steps to getting what you want

Rob Yeung

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Looking to make a positive change in your life? Maybe you've read a few self-help books and think you know what you need to do – maybe some positive thinking, making a resolution or simply wishing for happiness? Well, here's some news: none of this is going to help; you simply don't get things in life just by wishing for them.

In *You Can Change Your Life* top psychologist Rob Yeung investigates ways of making change stick. He offers the most up-to-date thinking on the skills, beliefs and methods that will help you to change your life. Rooted in evidence-based research and based on proven strategies and treatments, Rob offers a new perspective and new techniques to enable you to transform your life, or simply work out what's stopping you from achieving your goals.

You can lose weight, feel more positive, give up a bad habit, get ahead at work or improve anything about yourself. Whatever you want to achieve, you will feel inspired by the practical advice in this fascinating book and be able to tackle change with confidence.

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Coleen Faircloth:

The reason? Because this *You Can Change Your Life: Easy steps to getting what you want* is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will distress you with the secret the idea inside. Reading this book alongside it was fantastic author who all write the book in such awesome way makes the content within easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your expertise and your critical thinking approach. So , still want to hold up having that book? If I were being you I will go to the reserve store hurriedly.

Pamela Acuna:

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