

The Art Of Good Habits - Herrman



Take ownership of your happiness through simple but effective changes to the way you approach health, love, presence, and prosperity.

Rating: Not Rated Yet
Price
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Sales price \$16.99

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Description

The Art of Good Habits presents a step-by-step action plan to achieve your goals and maintain them for continued success.

Join Nathalie W. Herrman on a life-changing journey toward wellness and satisfaction using this remarkable book as your road map. Gain empowerment and control over life's challenges with effective exercises and easy-to-understand principles. Discover how to look within yourself for answers and change your habits for the better. With this book's four-pillar system—honesty, willingness, awareness, and appreciation—you'll unlock the power of enlightened living.

Reviews

There are yet no reviews for this product.