



Mini Motivations: Small Steps Taken Boldly Towards a Stronger, More Confident Life

By Mrs Karen Puttick

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.A book of motivations for anyone who wants to make positive changes in their life. Each motivation offers suggestions and tips to support realistic changes. Aimed at a variety of levels, from those who need motivation to complete basic self-care to those who have the desire to achieve their dreams.



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