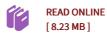




The Book of You: Daily Micro-Actions for a Happier, Healthier You (Paperback)

By Nora Rosendahl, Nelli Lahteenmaki, Aleksi Hoffman

Penguin Books Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English. Brand New Book. Give The Book of YOU one minute of your time each day and achieve a happier, healthier, more fulfilled life. Change can be hard and rarely happens overnight. The aim of this book is to empower you to make change happen. The Book of YOU contains 365 micro-actions, one for each day of the year, grouped under four areas - Food, Mind, Move and Love, for example:LOVE: Smile at a Stranger: Has someone ever suddenly smiled at you on a busy street? Remember the feeling after the initial surprise? Today when you are out and about, smile at a stranger.MIND: Set a Go-To-Sleep Alarm: We use alarm clocks to get us up in the morning, but for many the challenge is actually the night before - hitting the sack early enough. Tonight, decide on a bedtime and set an alarm for when it s time to go to sleep.FOOD: Go Nuts: Pay homage to the wonderful world of nuts. They re deliciously diverse in flavour, packed with protein, essential good fats and minerals, and will give you an energy boost. Try just a small handful...



Reviews

These sorts of book is the perfect book accessible. It is amongst the most amazing book i have got read. I found out this ebook from my i and dad advised this book to find out.

-- Mr. Mustafa Sanford IV

This book is great. I could possibly comprehended everything using this published e book. I am easily could possibly get a enjoyment of reading a published pdf.

-- Deanna Rath I

Other Kindle Books



The Mystery of God s Evidence They Don t Want You to Know

of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****. Save children s lives learn the discovery of God Can we discover God? What does science prove? Why we were never...



Anything You Want: 40 Lessons for a New Kind of Entrepreneur

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming an entrepreneur. You don't need a visionary...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



Who Am I in the Lives of Children? an Introduction to Early Childhood Education with Enhanced Pearson Etext -- Access Card

Pearson, United States, 2015. Paperback. Book Condition: New. 10th. 251 x 203 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book
***** Print on Demand ******.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved
and previously accessible...