



Reverse: Sometimes We Need to Take a Step Back in Order to Make a Better Move Forward.

By Ondrej Zouhar

Balboa Press, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The balance and fulfillment you need is already present around you. You may have passed it by without recognizing it, and only need to turn around and start being more open to truth and reality. REVERSE is an inspirational and action driven approach to personal growth, with real-life success stories on overcoming adversity and obstacles, which sometimes turn out to be our very selves. This book gives you three simple steps on how to live a balanced, happy and more productive life. 1) Appreciate and value yourself as a person. 2) Identify what is not working in your life, so you do not repeat the same mistakes; set new goals, create new priorities. 3) Apply exercise, nutrition, and spirituality as a lifestyle for balance, and celebrate every victory as you experience your newfound peace and happiness within. Simply a new vision, for a new world, with effective and applicable lifetime values -Dunia magazine REVERSE to see the fun and value in making smart choices for food and fitness on a daily basis -Steven Koller, actor-Mad Men Thought-provoking,...



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Reviews

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This publication is wonderful. Better than never, though i am quite late in start reading this one. I am very happy to tell you that here is the best book we have read through inside my personal daily life and could be the finest pdf for actually.

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