



## Small Changes, Big Difference: 7 Ideas for Personal Transformation

By Preeity Verma

Partridge Publishing, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Women are emotional sensitive creatures. We love too much and let go too little. As a result, often feeling angry, depressed, resentful, or victimized .This book is for you if you are feeling lost and confused about life. Through gentle introspection, you can realize what is true about yourself and what you really need to make the most of it. We spend an exorbitant amount of energy on keeping ourselves looking great. Not so much on our emotional well-being. It s time to pursue meaning over pleasure. Having a good relationship with your mind is essential to build a life of purpose. You can chart your own course and use your mind to manifest your highest and best life. It will make you aware internally and externally so that you respond more than you react. You must know that you are not merely a participant in your life but the eventual and ultimate authority on yourself. Your will is important, and you are capable of changing your patterns and your course now. In an instant. And transform...



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