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Beyond MS-Your Best Life

By Rosalie N Richards

Marks Press, United States, 2014. Paperback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.If you have MS you may think that the good life is over-but it doesn't have to be that way! Beyond MS-Your Best Life explains 7 simple choices you may not have ever thought about. Learn how to make seven conscious decisions-decisions that turn into a simple plan for reaching your best life without letting MS take over. Seven choices and 21 days are all you need. It's all about choices! In this book discover- How to change the subject from Poor you! to Wow, your life is amazing! - The secret to achieving one form of meditation that you have already learned (you do know how to daydream, don't you?)- The power of living your bucket list (kayak-visit the Ingapierca Incan ruins-ride a camel)- The huge satisfaction of making a difference in your corner of the world- . . . and other simple and powerful life-changing choices that will shift your life from being captured and held down by MS to Living Your Best Life Beyond MS-Your Best Life is for those living...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- **Elinore Vandervort**

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