



Become the Best You

By Renee Davis

Austin Macauley Publishers, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. Are you stuck in a rut of negative and detrimental behaviour? Are you spending too much time glancing backwards because it feels impossible to forgive the past? Are you desperate not to make the same mistakes your parents made? If the answer to any of these questions is yes, then this is the book for you. After her dysfunctional upbringing Renee Davis knew she wanted more out of life, but had no idea how she was going to achieve it. She lived life in self-destruct mode for years until she eventually made peace with the past, ditched bad influences and behaviour, and got comfortable with what she saw in the mirror. This book tells you how you can do the same. How you can change your life and break your own cycle of dysfunction. Anyone is capable of doing it. You just have to want to badly enough.



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