



Simple Steps: 10 Weeks to Getting Control of Your Life: Health - Weight - Home - Spirit

By Lisa Lelas, Linda McClintock, Beverly Zingarella

Penguin Publishing Group, United States, 2003. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book. The bills are piling up. The kids need a ride to practice. And you're eating on the run. Thankfully, there are Simple Steps to make a woman feel calm again. Many women crave a sense of order and control, but have no idea how to attain it and find themselves overwhelmed with a thousand daily details. Now, the women who established the popular Simple Steps program show readers how to calm and simplify their life in just ten weeks. Each week, women will learn a new Simple Step for addressing key areas in their lives: weight, health, home, and spirit. And before they know it, they'll be breathing easier and living better than ever before.



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Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

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Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**