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MINI MOTIVATIONS: SMALL STEPS TAKEN BOLDLY TOWARDS A STRONGER, MORE CONFIDENT LIFE (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English. Brand New Book ***** Print on Demand *****. A book of motivations for anyone who wants to make positive changes in their life. Each motivation offers suggestions and tips to support realistic changes. Aimed at a variety of levels, from those who need motivation to complete basic self-care to those who have the desire to achieve their dreams.

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- Authored by Mrs Karen Puttick
- Released at 2014



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