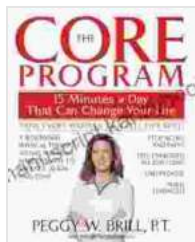


Fifteen Minutes a Day That Can Change Your Life



The Core Program: Fifteen Minutes a Day That Can Change Your Life by Gerald Secor Couzens

★★★★☆ 4.5 out of 5

Language	: English
File size	: 10459 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 321 pages



Are you ready to make a change in your life? Do you want to be more productive, more successful, and more fulfilled? If so, then this book is for you.

Fifteen Minutes a Day That Can Change Your Life is a self-help book that offers simple, practical tips for making small changes that can lead to big results. This book is not about quick fixes or magic formulas. It is about making gradual, sustainable changes that will help you achieve your goals and live a more fulfilling life.

In this book, you will learn how to:

- Set goals and achieve them

- Increase your productivity
- Improve your relationships
- Manage your time wisely
- Reduce stress and anxiety
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The tips in this book are based on the latest research in psychology and neuroscience. They are simple to implement and can be easily incorporated into your busy life.

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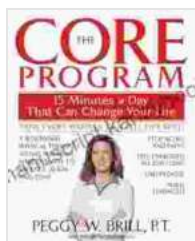
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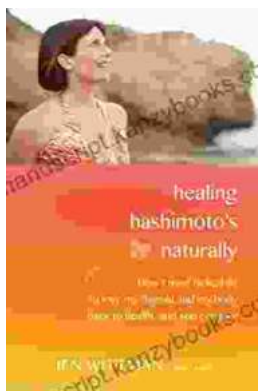
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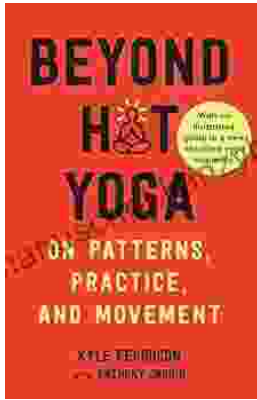
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