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Be Your Best: A Millenial Woman's Guide to Love, Health & Success in the 21st Century

Harriet Worth

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5 short years ago I was feeling empty, alone and unmotivated.

This book will share my journey. The journey from down and out to **personal success**and **happiness** within. This book is for you if you're in a place where you know it's time to move past. So, if you're feeling like you are settling for less than your best and wanting to achieve and live your best life - This is for you.

Each chapter will share a story of my life and how I got through that stage, plus a short exercise for you, allowing you also to go through the shift too. This book is supposed to be read in one go, it is a complete roadmap to you finding the best you.

Most of the exercises in this book have come from thousands of hours attending courses, listening to audio, going to motivational seminars and workshops, and then applying them to my own life. It's from experience that I know what works and what doesn't. If you want a life where you live your best. Follow everything in this book and you will be set on your path to **personal success**.

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