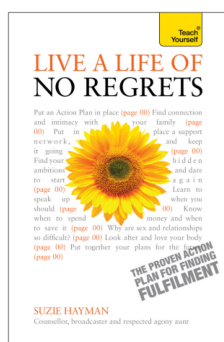


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LIVE A LIFE OF NO REGRETS TEACH YOURSELF EBOOK EPUB THE PROVEN ACTION PLAN FOR FINDING FULFILMENT EBOOKS 2019



Author: Suzie Hayman

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No-one has ever said on their deathbed 'I wish I'd spent more time at the office'. But we all have regrets - losing touch with people, not spending enough time with our family - things that seem insignificant at the time but actually make a huge impact on our wellbeing and other peoples' lives. In this book, trusted counsellor and agony aunt Suzie Hayman sets out a 7-step action plan for living a life free from regrets and toxic decisions. From making more time for your children to keeping in touch with friends, this book is a roadmap you can follow on both a daily basis and in the long term, making small changes that will dramatically improve the way you feel about your life.

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