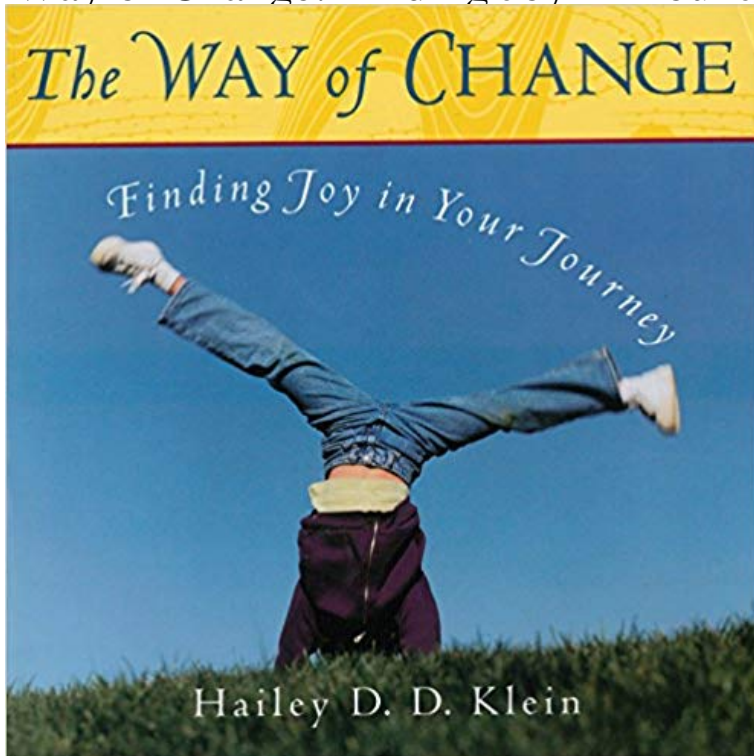


Way of Change: Finding Joy in Your Journey



The Way of Change offers an easy, effective program complete with stories and exercises that are both inspiring and fun to show you how to embrace the changes you need to live a joyful life. Knowing how to create change in your life can be both powerful and rewarding; it doesn't have to be a daunting or confusing process. By using your thoughts and emotions, not actions, to initiate change, the process can become both encouraging and energizing. This simple 3-step program shows you how to: Evaluate where you are now, with techniques that help you get an invaluable perspective on where you're starting from and where you're going. Focus on what you want to change, and develop an honest understanding of what's possible and achievable for you. Methods for creating, maintaining, and expanding your progress on the path of change. With its down-to-earth approach and inspirational message, The Way of Change provides both the encouragement and the practical tools you'll need to create the life you want.

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