



21 Day Refresh: The Journey Begins (Paperback)

By H Q Blake-Smith

Balboa Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.21 Day Refresh is not just another day-to-day reader. It is a three-week, thought-provoking journey through your personal inventory. The writer takes you on a discovery through the thoughts and practices that have resulted in negative outcomes and equips you with a new way of thinking and promoting positive change in your life. Each passage reads like a roadmap guiding the reader to their destination of self-awareness and actualization. During this journey, you will learn how to evaluate, understand, and overcome many of life's potentially harmful circumstances. This fresh perspective to emotional wellness promises to open your mind to new ways of accepting and overcoming many of life's hurdles. You will create barriers to negativity and take control of how you are affected by those around you. These newfound tools will elevate your self-awareness and your self-esteem. You will emerge from this journey ready to live stronger and with renewed purpose. The power to achieve and the ability to survive is inside of you. The writer helps you dig deep into your inner treasure and grab hold of your most...



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