



# **Change Your Life in 4 Weeks: How to Live a Happy, Healthy and Unhindered Life (Organize Your Life & Home)**

*Michelle Henson*

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# Change Your Life in 4 Weeks: How to Live a Happy, Healthy and Unhindered Life (Organize Your Life & Home)

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## **Change Your Life in 4 Weeks: How to Live a Happy, Healthy and Unhindered Life (Organize Your Life & Home) Michelle Henson**

Whether you are a laugh out loud kind of person or a hide in the corner type of person, everyone deserves the choice to live a full life. Change Your Life in 4 Weeks: How to a live happy, healthy and unhindered life offers a universal model of life changing steps over a period of four weeks, designed to make that idea of a more fulfilling life a reality.

Change Your Life in 4 Weeks: How to a live happy, healthy and unhindered life is a book that focuses on purging the old and cluttered from your life and inviting in a new life of happiness, freedom and hope. Whether you are in the middle of a stressful period of your life or simply feeling trapped by the rat race, this book is designed to help you break free and start over with success.

## **The four weekly steps included in this book are:**

- Week 1: Cleansing the Body and the Mind
- Week 2: Cleansing Your Space
- Week 3: Planning Ahead, Having Dreams and Making Goals
- Week 4: Expand Your Horizons

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