



Change Yourself, Change Your World: Better Relationships Made Easy: Basics for Beginners (Resolution Support Packs Book 7)

Annabelle Stevens, Larissa Stevens

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We all long for a better life and easier relationships. What if we could gain these with just a few small changes in our lives? Instead of trying to re-direct the river, you can learn how to go with the flow by defining your best self and traveling towards it. It can be challenging, with obstacles and people trying to sabotage you. On the other hand, the result you achieve through applying all you learn in this guide can be well worth it.

If you find yourself wishing more and more often that you wish your boss, spouse or kids would change so you could be so much happier, it's time to use this guide and the downloadable worksheets for powerful inner transformation.

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About the Authors

The authors both work as life coaches to help people transform their lives and become their best selves. They are the authors of more than 50 guides on a range of self-help and money management topics.



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Mark Shanks:

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