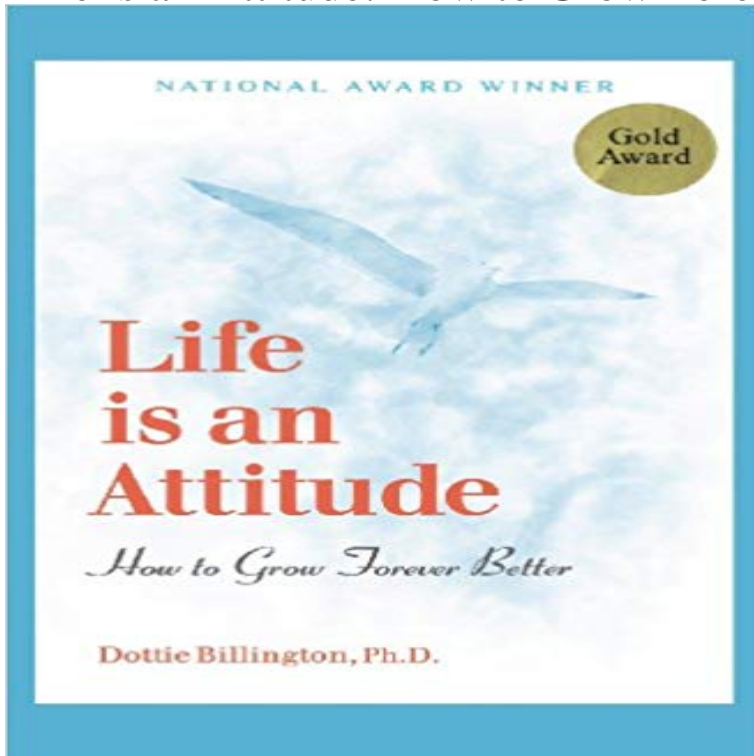


Life is an Attitude: How to Grow Forever Better



The person you become next year--or ten years from now--is up to you! You can become the gloriously vital person you were meant to be. You can reach into every precious corner of your soul to liberate all your hidden potential--to radiantly blossom forth, fully yourself. This book guides you through that process, offering 46 inspiring ways to make the rest of your life the most dynamic and fulfilling of all. The author shares eye-opening secrets of the exceptionally vital, effective, ever-growing people she studied--attitudes and techniques you can adopt for yourself. You'll learn how to:

- *Discover and live your passion
- *Create satisfying relationships and friendships
- *Deflate your problems by massaging them
- *Develop superb communication skills
- *Exercise your body--and your brain
- *Cultivate a winning attitude, and much more!

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