



## Motivational Advice for Women and Girls: Time Tested Tips and Tricks to Stay Motivated and Inspired (Paperback)

By Penny Hall

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you a women or girl who feels a lack of motivation. or are you trying but never reaching your goals? Do you feel stagnant, stuck in a rut, and ready for a change? Are you terrified of ending up old with too many regrets and too little fulfillment? If you keep doing what youve always done, youll never get motivated. Is this positive for you? Motivational Advice teaches you every step, including an action plan you ve been too scared to reach for. This is a book of action and doesnt just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. Motivational Advice is full of real-life examples for women and girls, proven techniques of that have worked for thousands of people just like you. These methods are backed up countless research studies, all which will arm you with a mindset primed for success and powerful, concrete habit busting techniques. Easy-to-implement small changes and practical takeaways for immediate action. What happens...



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