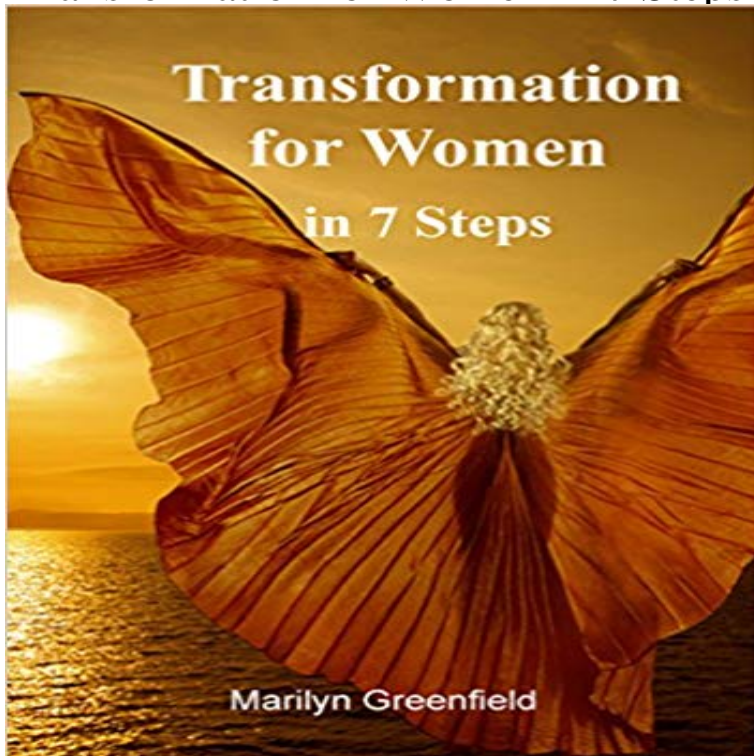


## Transformation for Women in 7 Steps



Transformation is the ultimate change we are all looking for. To transform what isn't working to what works well. To increase our happiness and excitement, to remember what it is like to feel we have life under control and treat ourselves with extreme self care. This book addresses seven major steps that will take you down the path of transformation. It's time to shed the odd layer and spread your wings. It can be hard to know where to start. Especially if you have faced a major change in your life, or if you are bored and restless. Creating a new life requires new thinking strategies. It also requires making new plans and a clear view of where you are headed. Transformation requires a new level of self care. To require more of our selves without being well cared for, is like a vehicle running on an empty gas tank. We need to refuel from within before we can give out. In this book you will find a plethora of strategies and inspiration to move you forward to the new life you desire.

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