

## The Art of Changing: Your Path to a Better Life



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### ***Reviews***

*This written book is excellent. It really is rally fascinating throgħ studying period. You are going to like the way the writer write this publication.*

*(Hadley Ullrich)*

## THE ART OF CHANGING: YOUR PATH TO A BETTER LIFE

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Celestial Arts. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 8.3in. x 5.5in. x 0.4in. Bored, unsettled, lonely, depressed, or addicted The truth is that to solve your problems you must embrace change. Self-help author and teacher Susan Peabody has seen it happen over and over again-her students want to turn their lives around but can't cope with the challenges on the road to change. In THE ART OF CHANGING, Peabody explains how to cross the bridge between the problem and the solution. She offers inspiration and direction on how to become willing, use the spirit, find motivation, find group support, and deal with stumbling blocks to change. Dreams can come true if we can learn the delicate ART OF CHANGING. A follow-up book from the best-selling author of ADDICTION TO LOVE, addressing the challenges of turning one's life around, whether one suffers from addiction, depression, or boredom. Susan Peabody's first book, ADDICTION TO LOVE, has sold 40,000 copies. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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