

28 DAYS TO A NEW ME: A JOURNEY OF COMMITMENT

Antony Wagle

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Editorial Reviews. About the Author. Robert Kennedy III is an educator, trainer, speaker, coach and author. His first book was published in , Articulate Studio.

28 Day Challenge -

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28 Days To A New Me: A Journey Of Commitment

Today is the last day of the day soul coaching program. The lesson today is to .. Yesterday was day two for me on the Soul Coaching journey. It took me two.

Soul Coaching 28 Days to Discover Your Authentic Self Archives - Belynda's Books

Day Challenge Completed, A New Me is Beginning . "For those of us who began this healthful journey as an obese or overweight person, we've all . and have made a commitment to do at least the 10 minutes a day that Chris suggests.

Member Spotlight: Guy Persico - Capital District YMCA

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From your planning tools, make a list of people you have contacted in the past two days, including those you are teaching and members. Pick up The Spark today and change your own life in one month! Saraahx says:.

Talkaboutlivingaprinciplehasblessedyourlife. I just move slowly. Lots of people are noticing the changes in me and are asking what I've been doing. What have we been avoiding, procrastinating, and delaying?

Managementpositionsareaskingforbachelorsdegreeforhalfthesalaryama says:.