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Stop Dreaming, Start Living

By Elizabeth Mapstone

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Stop Dreaming, Start Living, Elizabeth Mapstone, For those who feel they are at a crossroads and don't know how to choose the way, Elizabeth Mapstone's Stop Dreaming Start Living will help you to find positive, practical ways to change your life for the better. Illustrated throughout with case studies from people of all ages who have taken part in her 'Life Planning' programme, Stop Dreaming Start Living combines Mapstone's straightforward, expert advice with simple, carefully constructed pencil and paper exercises to help you to appreciate and develop your own skills and talents. You too can learn how to use your own personal powers to make your dreams come true. Clear all the debris, tap into those hidden strengths, stop dreaming about what you want and create a healthier, happier, fulfilled life!.



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