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THE ART OF EXTREME SELF-CARE: TRANSFORM YOUR LIFE ONE MONTH AT A TIME (4TH)



Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The Art of Extreme Self-care: Transform Your Life One Month at a Time (4th), Cheryl Richardson, This life-changing handbook by bestselling author Cheryl Richardson offers you 12 strategies to transform your life one month at a time. Designed as a practical, action-oriented program, each chapters challenges you to alter one behaviour that keeps getting you in trouble. The book is filled with personal stories of how Cheryl and others have learned...

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- Authored by Cheryl Richardson
- Released at -



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