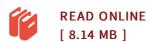




Everyday Wisdom: 365 Ways to a Better You (Paperback)

By Susannah Marriott

Octopus Publishing Group, United Kingdom, 2011. Paperback. Book Condition: New. 130 x 106 mm. Language: English . Brand New Book. In all the noise of day-to-day living, it can be hard to know where to turn for those pearls of wisdom. Unlock your own potential and discover the wisdom within, with a fresh inspirational thought, idea or exercise each day. Each one of these 365 beautifully designed pages offers a way to build knowledge about yourself and the world around you, as well as practical tips on exercise, diet, sleep, relaxation, and choice words from respected gurus. Everyday Wisdom: 365 ways to a better you offers a step-by-step guide to finding, hearing and using your inner wisdom.



Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- Joshua Gerhold PhD

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- Meagan Roob