



# **The Personal Transformation Project: Part 1 How to Feel Awesome! (How to Be...Happier, Motivated, Healthier, Confident, Positive and Relaxed)**

*P. Seymour*

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## **The Personal Transformation Project: Part 1 How to Feel Awesome! (How to Be...Happier, Motivated, Healthier, Confident, Positive and Relaxed) P. Seymour**

This book is a compilation of the 6 book series "The Personal Transformation Project: Part 1 How to Feel Awesome!" It includes the following books: \*How to Be Happier: A Blueprint for Creating More Joy in Your Life \*How to Be Motivated: A Blueprint for Increasing Your Motivation \*How to Be Healthier: A Blueprint for Creating a Healthy Lifestyle \*How to Be Confident: A Blueprint for Increasing Your Self-Confidence \*How to Be Positive: A Blueprint for Developing a Positive Attitude \*How to Be Relaxed: A Blueprint for Reducing Stress in Your Life This series is a set of books designed to help build a foundation in one's quest for more success, happiness and real change in one's life. It is written (from a very real perspective) by a "regular" woman losing 100+ pounds who has found herself on a journey of transformation along the way. If you're ready to create real change in your own life, then "The Personal Transformation Project: Part 1 How to Feel Awesome!" is for you!

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