



Life 101: 21 Practical Personal Growth Principles for the 21st Century (Paperback)

By M Ed Lpc Ashley Anne Connolly

Balboa Press, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****. Life 101 is a handy companion for seekers of the digital age who expect information to be presented to them in a concise, practical, and useful manner. If you have ever been disappointed by a long-winded boring self-help book or have purposely steered clear of that section of the book-store, but are still interested in helpful tools for living; Life 101 is for you! In this concise yet wisdom packed volume, Ashley provides 21 Principles for Living, including: -How to Manage Your Thinking -How to Get Self-Esteem -How to Manage Difficult Relationships -How to Still Your Mind -How to be the Happiest and Best Version of You! Happiness and wellness are not as difficult as the world would have you believe. You can attain peace of mind by incorporating these 21 principles into your life. This is the book that will show you how.



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Reviews

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-- **Gerardo Rath**

Extremely helpful for all classes of folks. I really could comprehend almost everything using this written e-publication. You will not feel monotony at any time of the time (that's what catalogs are for about in the event you check with me).

-- **Prof. Melyna Dooley V**