



Personal Transformation Box Set: Change Your Life and Become a Happier, Better You (Organize Your Life and Home)

Michelle Henson

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Personal Transformation Box Set (2 in 1)

Book One: Change Your Life in 4 Weeks How to Live a Happy, Healthy and Unhindered Life

Whether you are a laugh out loud kind of person or a hide in the corner type of person, everyone deserves the choice to live a full life. Change Your Life in 4 Weeks: How to a live happy, healthy and unhindered life offers a universal model of life changing steps over a period of four weeks, designed to make that idea of a more fulfilling life a reality.

Change Your Life in 4 Weeks: How to a live happy, healthy and unhindered life is a book that focuses on purging the old and cluttered from your life and inviting in a new life of happiness, freedom and hope. Whether you are in the middle of a stressful period of your life or simply feeling trapped by the rat race, this book is designed to help you break free and start over with success.

The four weekly steps included in this book are:

- Week 1: Cleansing the Body and the Mind
- Week 2: Cleansing Your Space
- Week 3: Planning Ahead, Having Dreams and Making Goals
- Week 4: Expand Your Horizons

Book Two: Your Contract With Yourself: Your Binding Agreement to Become a Happier, Better You

Consider this book your guide to creating a legal document with yourself, one that will help you break bad

habits and replace them with better ones. Too many times, we say that we would like to change but then don't really follow through. Maybe we give a few things a try but we either try to make too many changes or we go off in too many directions with little real focus. In the end, we find that we are trying to do too much and we feel frustrated and that makes us give up and go back to what we were doing in the first place. A contract that gives us the step by step plans of action and our concrete goals to work toward is a far better method of making these changes and feels more serious because it is a "contract".

This book will ask several important questions along the way including:

- What is wrong with you?
- What changes do you think you need to make immediately.
- How do you think you can make your changes last?
- Should you share your contract with other people in your life?
- What should you include in your contract and what can you just leave out?

You must be able to commit to your own health for the sake of your well-being and for the sake of others. This contract just cements that need and elevates it to a higher importance.

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From reader reviews:

Louise Wax:

Typically the book Personal Transformation Box Set: Change Your Life and Become a Happier, Better You (Organize Your Life and Home) will bring you to the new experience of reading the book. The author style to describe the idea is very unique. In the event you try to find new book to read, this book very suited to you. The book Personal Transformation Box Set: Change Your Life and Become a Happier, Better You (Organize Your Life and Home) is much recommended to you to learn. You can also get the e-book in the official web site, so you can more readily to read the book.

Linda Caron:

People live in this new time of lifestyle always try to and must have the time or they will get lot of stress from both lifestyle and work. So , once we ask do people have free time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading guides. It can be your alternative in spending your spare time, the actual book you have read is definitely Personal Transformation Box Set: Change Your Life and Become a Happier, Better You (Organize Your Life and Home).

Mark Shanks:

Playing with family inside a park, coming to see the coastal world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Personal Transformation Box Set: Change Your Life and Become a Happier, Better You (Organize Your Life and Home), you could enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its referred to as reading friends.

John Rivera:

Reading a book to get new life style in this season; every people loves to go through a book. When you read a book you can get a lot of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what types of book that you have read. If you would like get information about your analysis, you can read education books, but if you want to entertain yourself read a fiction books, these us novel, comics, and also soon. The Personal Transformation Box Set: Change Your Life and Become a Happier, Better You (Organize Your Life and Home) will give you a new experience in looking at a book.

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