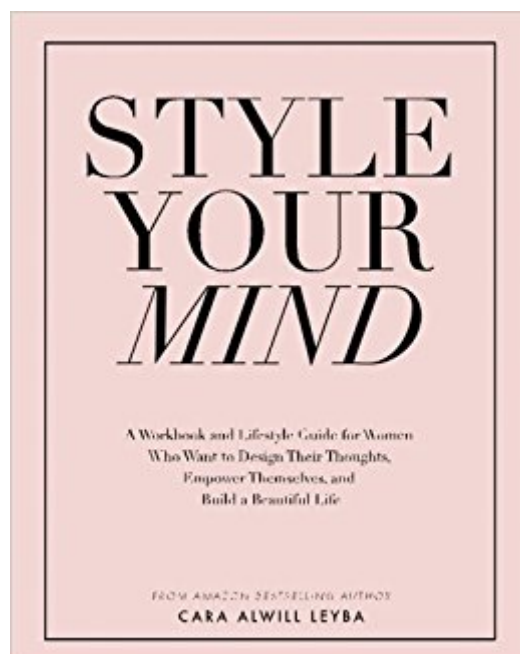




The book was found

Style Your Mind: A Workbook And Lifestyle Guide For Women Who Want To Design Their Thoughts, Empower Themselves, And Build A Beautiful Life



Synopsis

Style Your Mind is a workbook and lifestyle guide for women who wish to make personal and professional changes using the life coaching process. Filled with powerful questions, thought-provoking activities, inspirational quotes, and lifestyle tips, master life coach and bestselling personal development author Cara Alwill Leyba leads you on a journey to style your mind, empower yourself, and ultimately live your most gorgeous life.

Book Information

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[Journal Writing](#) #227 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#)

Customer Reviews

Great book to help you learn what you want in life. Why lie? Success and achieve your goals is really about knowing ones self. This book will help you organize your thoughts and ideas into a game plan.

I'm only starting and already I'm learning some things about myself. The questions are extremely well put where you have to put a lot of thought and heart into them. I LOVE it and recommend it to everyone!

I actually gifted this to a friend of mine going through a divorce and when I worked through it I found it amazing.

Excellent book and resources! I can't recommend enough for those doing some soul searching and goal making. GREATNESS.

Great book to help you develop a plan to change your life. Cara guides you with deep yet simply phrased questions and provides you with amazingly positive ways to view your life

LOVE it! Really makes me think on my goals and my personal growth! Thank you Cara!!

Love this workbook! only started it and I am getting so much out of it. Thank you Cara!

I love Cara and I love this workbook so far! The questions she asks are the EXACT questions you need to really figure out what's holding you back. I can't wait to delve deeper!

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