



How about a Lifestyle Change: Your 90 Day Whole-Listic Transformation Guide (Paperback)

By Dr Lasean Rinique Shelton

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Written by the compiling Author of Congratulations! You Just Lost Your J.O.B!, How About a Lifestyle Change promises to address the addictive issues many whisper about while those in need seek much needed support. This book shares new insights, case studies and lessons learned from those that struggled from some form of addiction. The addictions depicted in this book are: financial carelessness, eating, sex, drugs, alcohol, being Institutionalized and The Church. Readers will gain insight and means of developing ways to fortify their worth and seeking the inner natural high opposed to the outer fix many seek when placating the void. There is something in this book that one can gain from each of these phases; -Acceptance: Removing the Compulsions -Realization: Rebuilding the Inside -Reflection: Releasing the Transformed Lifestyle. Shelton also saw the same silent suffering as it relates to attitudes and behaviors among many people that she knew or knew of including herself. She knew that there was an answer, especially with her being credentialed as an Expert in Substance Abuse, Mental Health Counseling, Family Counseling, and Vocational Counseling. Once an...



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