

Small Habits, Bigger Results: Fun Activities to Do with Friends (Paperback)



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Reviews

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(Lawrence Keeling)

SMALL HABITS, BIGGER RESULTS: FUN ACTIVITIES TO DO WITH FRIENDS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Fun activities is a destination, but you might not need to travel anywhere to find it, just be ready to set aside a few minutes in a day or during the week and get lots host of benefits attached to it. This book tagged Fun activities to do with Friends gives exposition to the step and strategies on how you can bond with friends. The most fascinating thing is that the book gave a nice breakdown of different ways to relieve yourself from tension, anxiety, and stress across all human age. Small habits, bigger results. Creative ways to turn small activities into habits that build self-esteem, team work, communication skills, self-discovery and coping skills. Throughout the book you ll find useful tricks, interesting facts and lot of additional information to get started with. You will get simple, effective, mind/body approach to relieving stress and fun activities. Most times we are too busy to have fun or we think is until we get to park or somewhere faraway before we can have a nice time. The book gave some good samples of fun activities that can be done even at home ranges from toddler to old age.



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