



## The Self-Improvement Handbook: Powerful Lessons in Personal Change, Self-Improvement, and Getting Better (Paperback)

By Sage Schmidt

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you ready to begin a journey that could radically change the course of your life forever? In this book I teach you many of the lessons, tips, and tricks that I've personally learned in my own journey to self-improvement. When I first began to improve my life I had no idea what I was doing. I just knew that I wanted to change my life for the better and that I wanted to change it for good. I've indulged in countless self-help books, attempted various times to change my life, and have always sought to find what works. I understand that changing your life can be a hard, confusing, and often difficult process but it doesn't have to be. In this book I will save you much of the time, struggle, and heartache that comes with changing your life by sharing with you the most important knowledge that I wish someone had taught me when I first got into self-improvement. Hence the name The Self-Improvement Handbook. This is a great book for anyone looking to get started in...



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