



## Just Do it Now: How to Become the Person You Most Want to be

By Lynda Field Associates, Lynda Field

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Just Do it Now: How to Become the Person You Most Want to be, Lynda Field Associates, Lynda Field, What makes Lynda Field's major new work so different from those of her competitors is her unique voice. Accessible, humorous yet thought-provoking, she has an extraordinary ability to simplify new ideas and ensure you can put them into practice. Just Do It Now is about how to create the reality you want, overcome obstacles and realise the powerful effects of your own thoughts. It also shows how you can overcome a natural fear of change by going ahead anyway and just doing whatever you secretly would love to do. In this way you can transform yourself, your relationships, your body, your self image, your bank balance and your spiritual context. With the author's track record and high sales, her many fans will be waiting for this new book - which will appeal to mass market readers everywhere, and both women and men.

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