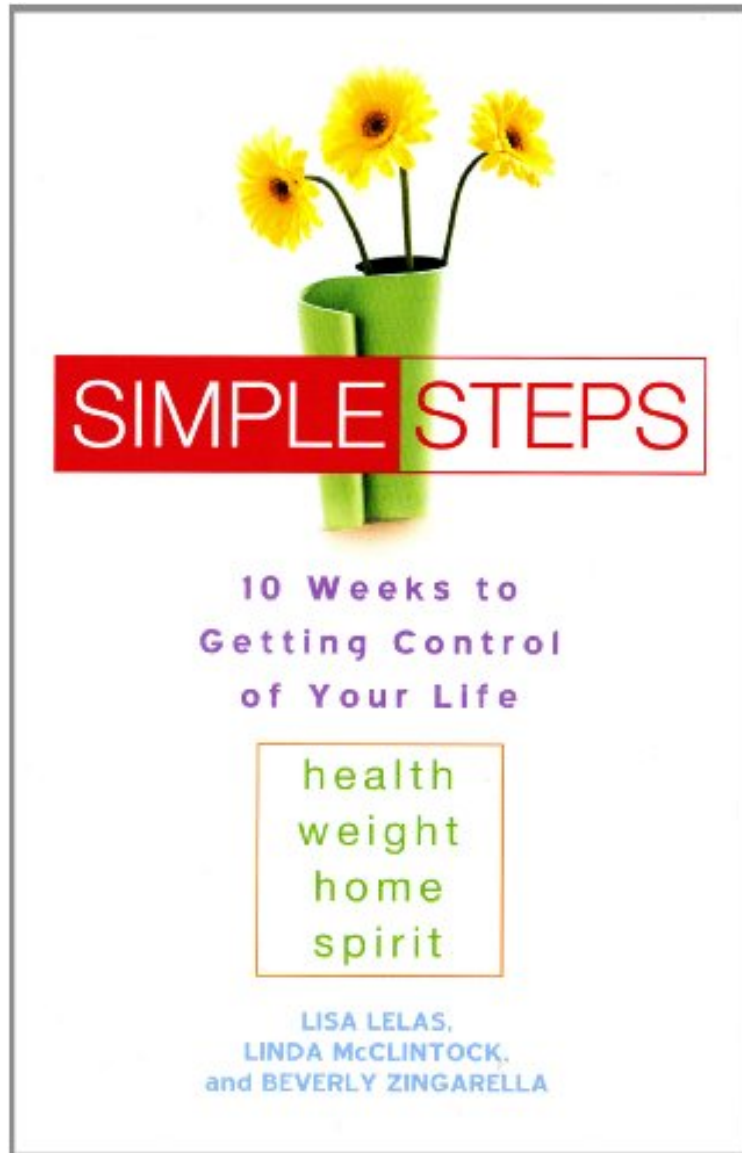


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Simple Steps: 10 Weeks to Getting Control of Your Life

Lisa Lelas, Linda McClintock, Beverly Zingarella
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Lisa Lelas, Linda McClintock, Beverly Zingarella : Simple Steps: 10 Weeks to Getting Control of Your Life
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Simple Steps: 10 Weeks to Getting Control of Your Life:

2 of 2 people found the following review helpful. Great when struggling emotionally By Tessa_Claire I owned the paper version of this book years ago and just recently bought the kindle version. For a most of us, this information is common sense. I mean, what adult doesn't know proper dental hygiene? But for me, it has repeatedly been a gentle guide out of the dark. I should mention that I struggle with depression. I struggle without receiving much support. This

book has, more than once, given me little stepping stones to get myself back on track when I was so down that I wasn't brushing my teeth daily. Gross, but depression can do that to you! For those who are not struggling, this book has great tips for how you can include some of these things in your life. The little stories are also an awesome motivation. Example: someone saved a substantial amount of money by saving change over the years. If that story doesn't make you ump your change in a jar, nothing will! Like other reviewers have said, after a few chapters, it's difficult to imagine doing everything suggested every day. There just aren't enough hours. I recommend trying everything new each week and dropping what just doesn't work/isn't useful for you...I'm looking at you, food journal! 2 of 2 people found the following review helpful. Common sense steps By thekansasp yet Interesting to read the book that I heard one of the authors mention a while back. Common sense steps to getting your life under control if you haven't already worked it out for yourself. Slightly dated, as it was written around 15 years ago. A good checklist. 2 of 2 people found the following review helpful. This book is so cool, the individuals who wrote the book are just ...By Alida Boonstra This book is so cool, the individuals who wrote the book are just normal people and easy to follow along. the steps are easy to do and place in your life everyday.

The bills are piling up...The kids need a ride to practice...And you're eating on the run. Thankfully, there are Simple Steps to make a woman feel calm again. Many women crave a sense of order and control, but have no idea how to attain it-and find themselves overwhelmed with a thousand daily details. Now, the women who established the popular Simple Steps program show readers how to calm and simplify their life in just ten weeks. Each week, women will learn a new Simple Step for addressing key areas in their lives: weight, health, home, and spirit. And before they know it, they'll be breathing easier...and living better than ever before.

About the Author Lisa Lelas is a former New York City casting director, the founding editor of Soap Dish magazine, and a syndicated columnist, news reporter, and radio broadcaster. She is married with two young daughters. Linda McClintock is a stay-at-home mom with a background in nutrition and healthy gourmet cooking. Beverly Zingarella is the stay-at-home mother of three children.