



How to Be the Better You: A Step-By-Step Guide to Positive and Lasting Change (Paperback)

By Tristan Robert Kelly

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Be the Better You is the first SIMPLE step-by-step process of its kind to guide the reader in identifying and implementing positive and lasting change into their life. By Tristan Robert Kelly BSM, C.P.T., a celebrated author, personal trainer and life coach, this transformational system provides the comprehensive guidance needed to create The Better You. Are you ready to discover how to become The Better You?.



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