



7 Steps to a Better Life (Paperback)

By Susan McLachlan

Lulu.com, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is a simple but effective guide for anyone who is on a journey of self-discovery. Is your life not working out the way you want it to? Understand why patterns form in different areas of life and how to move past them to create your ideal circumstances. At the end of each chapter is an action task to complete which will assist in achieving personal growth and finding your true life path. The book covers issues such as the need to look within, letting go of past adversity, eliminating fear and ego, showing forgiveness and gratitude, whilst being open to receiving the love, happiness and fulfilment we all so richly deserve.



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