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# CHANGE IT UP: THE GET REAL, GET HAPPY GUIDE THAT JUST MIGHT HELP YOU SUCCEED WHERE OTHERS HAVE FAILED



Gde Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Where do you turn when problems overwhelm you? Surveys show we normally respond in avoidance patterns, some healthy and some not. We eat, shop, watch TV, go to the gym, gamble, take drugs, drink alcohol, and the list goes on. The problem is now, not the problems themselves, rather that we dont know what to do...

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- Authored by Karen Judd Smith
- Released at 2015



#### Reviews

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