# It Starts With Me: Feel Good within and Become Your Happiest, Healthiest Self (Paperback)



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# IT STARTS WITH ME: FEEL GOOD WITHIN AND BECOME YOUR HAPPIEST, HEALTHIEST SELF (PAPERBACK)



Balboa Press, Australia, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. All of us deserve to be happy, healthy, and to live our authentic dreams. The good news is that we have the power to feel good within - a key component in realizing a fulfilled life. Yvette Le Blowitz, a wellness blogger and founder of Spa it Girl, takes happiness seekers on a twenty-one-day journey that encourages an inward focus, allows a connection with the true self, and provides a gentle reminder about the importance of self-care in attaining a balanced and healthy life. Through her personal stories and proven tips, Le Blowitz guides others through a simple roadmap that teaches how to meditate, set clear daily intentions, exercise, eat mindfully, live a life of kindness, sleep restfully, and make time to just be. Included is a self-assessment with introspective questions that invite a look within to assess feelings. It Starts with Me shares succinct guidance that will motivate anyone interested in transforming their thinking and lifestyle to realize a healthy, fulfilled, and authentic existence.



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