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## The Mind Makeover: The Answers to Becoming the Best You Yet

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By Sharron Lowe

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Mind Makeover: The Answers to Becoming the Best You Yet, Sharron Lowe, What would you do if you knew you couldn't fail? If you've ever doubted yourself, allowed other people's negativity to stop you from doing what you want, or assumed that any success you've had in the past was just a case of 'pure luck', then you need The Mind Makeover. For many years Sharron Lowe has been the go-to coach for global luxury brands. She has coached thousands of people, helping them to make positive changes in how they think, feel and what they believe is possible. In doing so she has transformed the brands and people she works with. In The Mind Makeover, Sharron Lowe shares her success strategies. She will show you how to: create a positive inner voice, stop negative influences ruling your life, and build your confidence and self-belief. So what are you waiting for? A mind lift is much better than a face lift, and your mind is the key to living your best life yet. The Mind Makeover is essential reading for anyone who wants to take control of their life.



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