



## I Can Change (the Companion Workbook): Building the Doorway to Limitless Living

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By Peggi Trusty

Createspace, United States, 2015. Paperback. Book Condition: New. Workbook. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is the companion workbook for the book, i. can. change. The book is an easy read for any individual or group that desires change. Whether it be fitness goals or addiction concerns this little book will empower anyone toward making a change. Through this book readers make the first step toward the realization that any change is possible with motivation and perseverance. This is not a quick fix book with all of the answers. It is a tool to help you discover how to create a plan for lasting change in your life. The process isn't easy, but overtime it gets better. Each page offers guidance as you build the momentum to continue and recognize your limitless potential. I hope you enjoy reading this book as much as I enjoyed writing it.



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