



How I Changed My Life In a Year: One Woman's Mission To Lose Weight, Get Fit, Beat Her Demons, And Find Happiness ...In Twelve Easy Steps!

By Shelley Wilson

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Straight-talking, honest and with touches of humour, Shelley Wilson shares her journey as she sets out to prove that being a 40-something, single mum with back fat and grey hairs isn't the end of life as we know it.

From fighting flab to writing a 50,000 word novel in 30 days, Shelley covers a wide variety of themes as she tackles twelve challenges in twelve months.

Packed with affirmations, tips, steps and links, 'How I Changed My Life In A Year' will keep you motivated for the year to come and beyond.

Based on the popular Resolution Challenge blog, Shelley shows how one year can change your life.

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Editorial Review

About the Author

Shelley is a single mum first, a holistic business owner second and a motivational blogger and non-fiction author third. She attempts to squeeze 'having a life' in between the gaps. An avid list maker, pizza lover, and fan of young adult fantasy fiction, Shelley bases her own well-being books on the lessons she learned escaping from an abusive marriage. As she rebuilt her life she adopted a new mantra – Dream It, Live It, Become It.

Users Review

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The e-book with title How I Changed My Life In a Year: One Woman's Mission To Lose Weight, Get Fit, Beat Her Demons, And Find Happiness ...In Twelve Easy Steps! has a lot of information that you can study it. You can get a lot of benefit after read this book. This kind of book exist new knowledge the information that exist in this e-book represented the condition of the world now. That is important to you to understand how the improvement of the world. This specific book will bring you within new era of the the positive effect. You can read the e-book on the smart phone, so you can read the item anywhere you want.

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