Picking And Sticking With New Year's
Resolutions Beyond January ( Inspiration, Quick Read): On The Road To Your Goals ( New Year's Resolution, Goals, Organization)


## Synopsis

Tips on picking and sticking to New Years Resolutions past January 2nd. Also included are my three go to recipes when I want to reset my body.

## Book Information

File Size: 1882 KB
Print Length: 11 pages
Publication Date: December 28, 2015
Sold by:Â Digital Services LLC
Language: English
ASIN: B019Y45SRC
Text-to-Speech: Enabled
X-Ray: Not Enabled
Word Wise: Enabled
Lending: Not Enabled
Enhanced Typesetting: Enabled
Best Sellers Rank: \#2,838,497 Paid in Kindle Store (See Top 100 Paid in Kindle Store) \#33 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Juggling \#82 inÂ Books > Sports \& Outdoors > Individual Sports > Juggling \#287 inÂ Kindle Store > Kindle eBooks > Nonfiction > Science > Agricultural Sciences > Crop Science

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