



Look At Me Now: My Life - My Weight - My Change

Wendy Ruth Bennett

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The only book you need to turn your life around.

Are you in complete charge of your life? Or are your struggles sweeping you away from your most sincere goals? In this exuberant, conversational style, thought-provoking account of her life, author Wendy Bennett offers her story and practical advice straight to the hearts and souls of the aspiring strong and tenacious women of this world.

Filled with techniques on how to accomplish things even if you don't have the financial resources or if you work your fingers to the bone, this is a blueprint that will show you how to get out of your mental rut and get in the action rut.

If you yearn for a more rewarding life, Wendy Bennett's advice has stood the test of time and will tell you how to:

- Believe in yourself
- Emerge strong and happy from your own obstacles in life
- Cultivate an amazing feeling of self-worth

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