



Life Management (The Feel Good Factory)

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The Feel Good Factory on Life Management contains simple, no-nonsense ideas to help you reduce both mental and physical clutter and get back to what really matters in life. In thirty practical and down-to-earth chapters you'll discover the secrets for taking control and getting on top of things before they get on top of you. You'll find quizzes which point you in the right direction, instant 'feel good now' tips that you can put into practice straight away and helpful question and answer sections. You'll also discover what top-notch celebrities do to sort out their lives (hey, they pay big money for all those life coaches so why not have a go at some of their advice!). With a few minutes a day spent trying some of the techniques in this book you will be able to throw back whatever life throws at you and become a happier and more fulfilled you!

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Mary says

Basic

a very basic guide with suggestions to kickstart your self help journey. Does not dig deep- not for self help veterans.
