



## Everyday Wisdom: 365 Ways to a Better You

By Susannah Marriott

Octopus Publishing Group, United Kingdom, 2011. Paperback. Book Condition: New. 130 x 106 mm. Language: English . Brand New Book. In all the noise of day-to-day living, it can be hard to know where to turn for those pearls of wisdom. Unlock your own potential and discover the wisdom within, with a fresh inspirational thought, idea or exercise each day. Each one of these 365 beautifully designed pages offers a way to build knowledge about yourself and the world around you, as well as practical tips on exercise, diet, sleep, relaxation, and choice words from respected gurus. Everyday Wisdom: 365 ways to a better you offers a step-by-step guide to finding, hearing and using your inner wisdom.



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