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*Cheryl Richardson*

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What do you need to change to make your life work better and make you happier? Top-level personal coach Cheryl Richardson, author of the popular *Take Time for Your Life*, shows you how to make your life over, one week at a time, using her philosophy of "extreme self-care." The result: you'll reevaluate your life and connect to what matters most to you, improving the quality of your life

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