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## I CAN CHANGE (THE COMPANION WORKBOOK): BUILDING THE DOORWAY TO LIMITLESS LIVING



Createspace, United States, 2015. Paperback. Book Condition: New. Workbook. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is the companion workbook for the book, i. can. change. The book is an easy read for any individual or group that desires change. Whether it be fitness goals or addiction concerns this little book will empower anyone toward making a change. Through this book readers make the first step toward the realization that any change...

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- Authored by Peggy Trusty
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