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John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, More Than Men and Make-Up: Empowering You to Achieve Success and Happiness, Seven Suphi, More Than Men and Make-Up provides a series of techniques accompanied by enjoyable and simply structured exercises to help you work through issues of career, relationships, family and health, helping you to determine the right priorities for each area of life and set your own goals based on what is important to you. Whether you're refocusing your whole life and wanting clarity in every area, or concentrating on specific areas of importance at a particular time of your life - this book will help you overcome any obstacle. With its powerful NLP techniques, it's simple to follow and enjoyable exercises making positive life changes couldn't be simpler. You will learn how to: * Increase your self-esteem * Build your confidence * Get through when life seems overwhelming * Deal with depression * Find out what you want from life.

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