

My Journey to Health, Happiness, and Making It All Work



Balancing in Heels: My Journey to Health, Happiness, and Making it all Work by Kristin Cavallari

★★★★☆ 4.3 out of 5

Language	: English
File size	: 44482 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 302 pages



A Transformative Guide to Achieving Your Goals

In this inspiring and practical book, certified health and life coach Deb shares her personal journey of overcoming adversity and achieving her dreams. Through candid storytelling, she reveals the challenges she faced, the strategies she developed, and the mindset shifts that led to her success.

My Journey to Health, Happiness, and Making It All Work is an essential read for anyone looking to create a more fulfilling and balanced life. Deb's wisdom and insights will help you:

- Identify your goals and create a plan to achieve them
- Overcome obstacles and stay motivated

- Develop a positive mindset
- Live a healthier and happier life

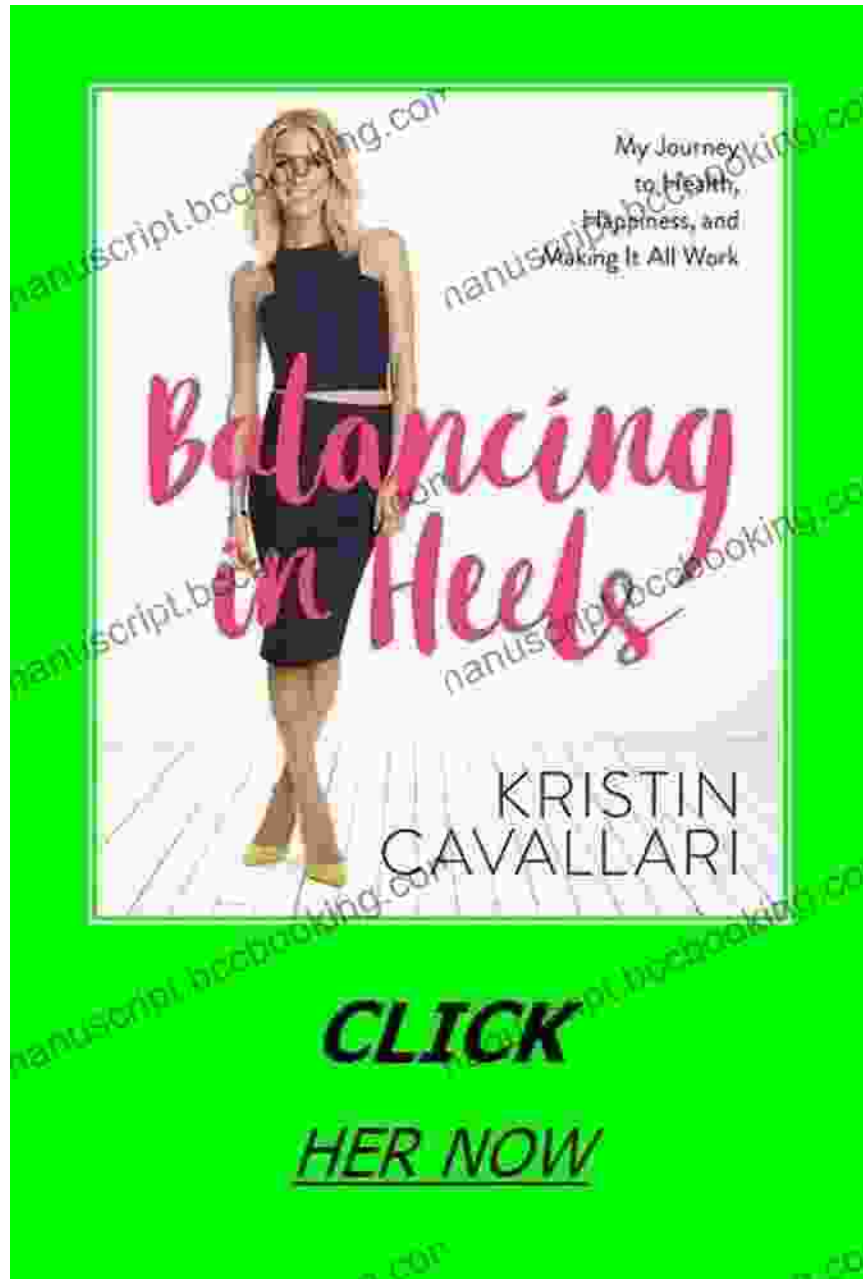
Deb's story is a testament to the power of perseverance and the importance of never giving up on your dreams. *My Journey to Health, Happiness, and Making It All Work* is a must-read for anyone who wants to live a more fulfilling and successful life.

About the Author

Deb is a certified health and life coach who has helped hundreds of people achieve their goals. She is passionate about helping others live healthier and happier lives. Deb is a regular speaker at conferences and workshops, and she has been featured in numerous media outlets, including *The Huffington Post*, *Forbes*, and *Mind Body Green*.

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My Journey to Health, Happiness, and Making It All Work is available now on [Our Book Library.com](http://OurBookLibrary.com). Free Download your copy today and start your journey to a happier and more fulfilling life.

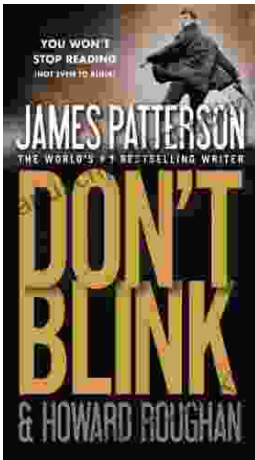


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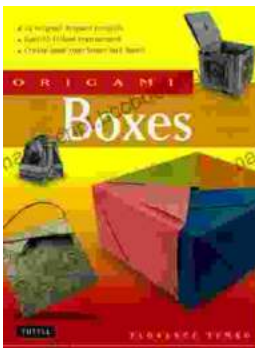
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