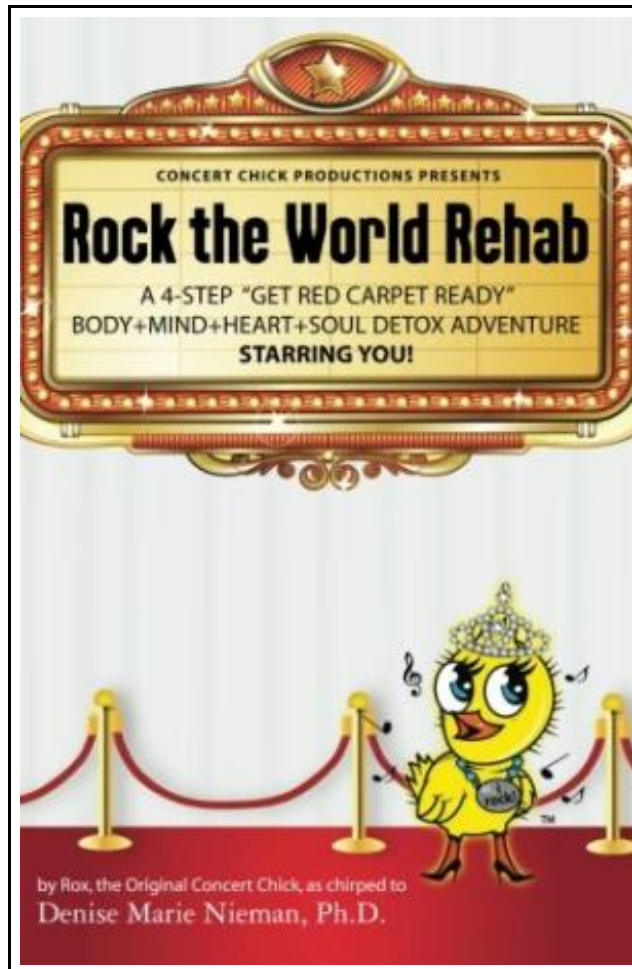


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Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Have you been playing too hard, exercising hardly, working too much, taking care of yourself too little, or saying yes too often and no not enough? Are know-it-alls, mean chicks, that jerk of a boss, or the takers and haters testing your last nerve? Are you surrounded by stuff you don t want, need, or even like? Do you want a rockin body, a joyful heart, a brilliant mind, and a sparkly soul? Are toxic people, places, and things dimming your light, weighing you down, draining your energy, and burning you out? If you answered yes to even one question, Rock the World Rehab is for you! A remarkably creative and all-encompassing program, Nieman s fun and empowering guide is a motivational tour de force that inspires a fearless, take-on-the-world attitude and turns positivity into a runaway train of excitement-and results! Her book is the penultimate girlie-girl, BFF guide to building a better, happier you on all levels, addressing body, mind, heart, and soul. Providing all the tools you need to let go of everything and everyone that dims your light and weighs you down, Nieman attacks the status quo by challenging you to become in-tune with who you are now and to allow joy to resonate in every facet of your life. It begins with a tour of the program, an attitude adjustment, and an overview of the 4-steps in detail: intervention, preparation, detoxification, and celebration. From rehab menu and play to your inner bling and outer bling to how to cope with the mope + dope and much more, she takes you on the ride of your life that ends with the greatest gift you can ever hope to have:...



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