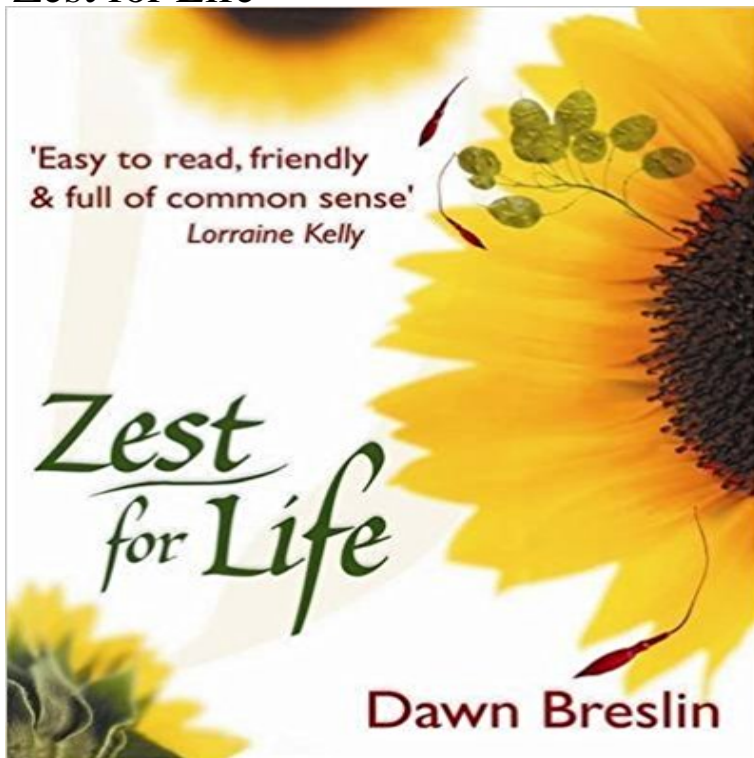


Zest for Life



The first book by the popular TV personal development coach. Dawn Breslin, GMTV's favourite big sister writes in a refreshing and accessible style, inspiring people to have the confidence and energy to live their lives to the full. Stuffed full of powerful exercises, affirmations and visualisations that will work for even the most cynical person. Aimed at people who want to feel that they are living, not just existing - people who want to bounce, not crawl out of bed each day.

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