

Reinvent Yourself!

THE COMPLETE IDIOT'S GUIDE

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THE
COMPLETE
IDIOT'S
GUIDE[®] TO

Reinventing Yourself

- Down-to-earth advice for transforming mind, body, and spirit
- Idiot-proof instruction for renewing your relationships and energizing your career
- Real-life examples of people who reinvented themselves and went on to lead fuller, more satisfying lives

Jeff Davidson



Are you in a rut—stuck at a point in your life where you have no idea where to go or how to become the person you'd like to be? Take charge with *The Complete Idiot's Guide[®] to Reinventing Yourself* by Jeff Davidson. It can help you make the changes you need to lead a more fulfilling life.

The hardest part of changing is determining how to get started. *The Complete Idiot's Guide[®] to Reinventing Yourself* helps you figure out where you are and how to get what you want. It will show you how to assess your work, home and family life. And then it will help you set goals and, more importantly, help you achieve those goals.

Start reinventing yourself today! Pick up *The Complete Idiot's Guide[®] to Reinventing Yourself* at Waldenbooks and save 10% with your Preferred Reader discount. (Item #5437—Preferred Reader Price \$15.25)

The Complete Idiot's Guide[®] to Reinventing Yourself can help you make the changes you need to lead a more fulfilling life.