



Way of Change: Finding Joy in Your Journey

Hailey D.D. Klein

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***The Way of Change* offers an easy, effective program—complete with stories and exercises that are both inspiring and fun—to show you how to embrace the changes you need to live a joyful life.**

Knowing how to create change your life can be both powerful and rewarding—it doesn't have to be a daunting or confusing process. By using your thoughts and emotions—not actions—to initiate change, the process can become both encouraging and energizing.

This simple 3-step program shows you how to:

- Evaluate "where you are now," with techniques that help you get invaluable perspective on where you're starting from—and where you're going.
- Focus on what you want to change, and develop an honest understanding of what's possible—and achievable—for you.
- Methods for creating, maintaining, and expanding your progress on the path of change.

With its down-to-earth approach and inspirational message, *The Way of Change* provides both the encouragement and the practical tools you'll need to create the life you want.

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