

Change Your Life Now: How You Can Live A Happy And Meaningful Life

Sandra Martinez

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You've lived your whole life with the same old routine. You go to school, you get a good job, you work for the rest of your life till you die. Along the way you get married, get kids and many other good things happen to you.

But ask yourself this, what kind of an impact have you made on this world? What kind of a mark do you want to leave on this world before you die?

In this book, I will take you along with me on a journey to find self satisfaction. I will take you through a step-by-step process which will help you to live a more meaningful and impactful life.

Everyone wants to be happy, but not everyone takes the necessary steps to happiness.

In this book I will cover some of the tactics I use to

- Declutter my mindset and freshen my thoughts
- Live a more productive life that equates into more time for the things you care for the most
- Use spirituality to your benefit
- Stay fit and healthy

So come along with me on this journey as you and I both transform our lives to live a happy and meaningful life.



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