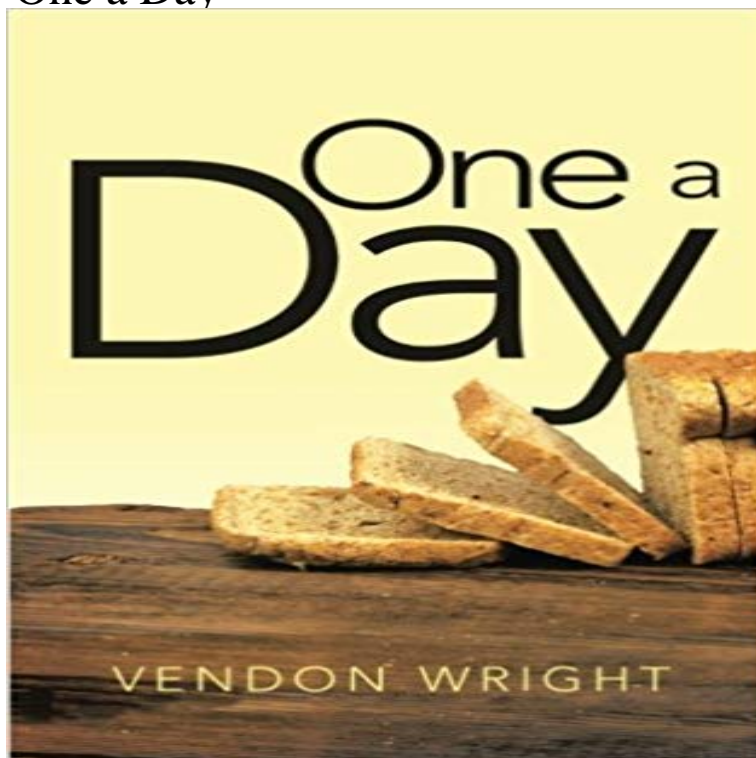


One a Day



During the course of our lives we encounter numerous obstacles that challenge us on every level. They vary from stressful situations to issues concerning our perception of ourselves. Some of the challenges put us under such immense pressure that there are days where we feel as though we could do with a little help and support. Since our daily problems change, it is also necessary to have a variety of techniques to suit. One a Day addresses the main principals of living a happier life in greater detail. It covers techniques on confidence building, communication skills, how to deal with stress, handling rejection, and dealing with criticism. Using the step-by-step guide increases our tolerance level to stress and restores our belief in our abilities. There will be days when we need tips on self-help and other days where we require advice on becoming more successful. One a Day has an inspirational phrase for every day of the year. Train your mind to divert your thoughts as you rapidly grow in strength. Read One a Day and watch your personality change for the better at the same time as becoming more confident and successful.

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