



Life by Personal Design: Realizing Your Dream

NAPOLI MARIA , ROE SUSAN

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Sara says

This was required reading for my stress management class. The Author's writing style is nondescript. Many of the tools in the book are good for everyday stressors but not bigger stressors. The author says to accept without judgment in any given situation but only provides breath as a means to accomplish this. In some chapters the author ventures into areas that she has no expertise in and provides bad information to readers such is the case in the nutrition and lifestyle chapters. This book was definitely not worth the \$70 I was required to pay for it. Also this class not worth the tuition money paid for it. Give me science not quackery...
