



# 68 Ways To Take Your Life Into Overdrive

*Nell Blanche*

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## **68 Ways To Take Your Life Into Overdrive** Nell Blanche

I am a big believer in motivational tools - from videos, audios and especially books. We all need reminders and guidance. With this in mind, I put together this book to provide you with 68 "tested" ways to take your life into overdrive.

The book is broken up into different areas of focus.

1 - Day to Day Life

2 - Health

3 - Food & Diet

4 - Inspiration

Here's to you on making the changes you deserve to take your life and your goals to the next level.

Enjoy!

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