



Best You Ever: 365 Ways to be Richer, Happier, Thinner, Smarter, Younger, Sexier, and More Relaxed - Each and Every Day

Rebecca Swanner

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You can never be too rich or too thin...or too happy, smart, young, sexy or stress-free. In this book, you'll find the daily tips, tricks, and tried-and-true tactics you need to be all these things—and more. Each day's entry offers advice for a different aspect of your life, such as:

- Monday: Only Use Cash or Checks to Make Sure You Save Money
- Tuesday: Create a Happiness Blog to Record Life's Best Moments
- Wednesday: Eat Folic Acid to Be Thinner
- Thursday: Try Sage and Lemon Balm to Improve Your Memory
- Friday: Pile on the Garlic to Fight Aging
- Saturday: To Spice Things Up, Create Your Arousal Map
- Sunday: Tune Up Your Chakras to Relax

With this book, you can transform yourself and your life—one day at a time!

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