



# **Only Nuns Change Habits Overnight: Fifty-Two Amazing Ways to Master the Art of Personal Change**

*Karen Scalf Linamen*

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## **Only Nuns Change Habits Overnight: Fifty-Two Amazing Ways to Master the Art of Personal Change**

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Do you wish something in your life was different? Take heart! You already possess the first and most important ingredient for change. Don't waste your dissatisfaction, *wield* it!

Intimate, humorous, and inspiring, *Only Nuns Change Habits Overnight* will take you on a journey from where you are to where you want to be. Do you long for a more rewarding career? A more passionate marriage? A healthier body, brighter future, or happier heart?

**With her trademark blend of laugh-out-loud humor and sage advice, Karen Linamen introduces you to 52 powerful actions you can apply to *any* change you long to embrace.**

In the process, you'll discover the missing link between dissatisfaction and transformation; learn painless ways to remodel your habits; understand why you procrastinate and how to stop; learn how to generate the energy you need to pursue the life you want, and, above all, discover options and resources you never dreamed you had.

What are you waiting for? No matter what has been holding you back—fear, fatigue, adversity, heartbreak, failures, or even the choices of other people—get ready. Get set. Lasting change is possible and its time to get started!

*Includes questions for reflection and discussion.*

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