



ONE WOMAN vs LIFE

Nikki Fuller

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'One Woman vs Life' is a warm and approachable quick read. Drawn from her own experiences. Have you ever suffered with anxiety? Feel uncomfortable in social situations? Have you ever felt like you just don't get, what everyone else seems to know & desperate to find answers? You are not alone. Stop punishing yourself! 'One Woman vs Life' offers an insight with help and thought provoking passages about our everyday struggles and the general feeling that life is working on a different page to you. That you are trying to squeeze a square into a triangle hole! Reads like a chat to a friend with openness and honesty on sensitive subjects but with a light touch and on occasions humour. If you suffer from negative thinking or simply need to feel you are not alone in life, with some helpful affirmations and tips then 'One Woman vs Life' handbook will be a welcome companion to motivate you to be kind to yourself and embrace life today and all it offers.

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Jose Rosales:

Spent a free time to be fun activity to complete! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the e-book untitled ONE WOMAN vs LIFE can be fine book to read. May be it can be best activity to you.

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