



Self Upgrade

Judy Kay Wieberg

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Self Upgrade

Judy Kay Wieberg

Self Upgrade Judy Kay Wieberg

You can live the life you choose in spite of life circumstances, mental illness and past trauma. This work book is a step by step guide to bettering your odds of having happiness and decreasing mental health symptoms.

Learn the importance of your internal and external profile. Become more in control of your own life. Understand others better. This book can be your guide to improving the quality of your life and mastering life's obstacles.

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