



The Book of Change: Making Life Better

Cyndi Haynes

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Instead of the usual self-help manual that provides theory and endless how-tos, this delightful book simply offers small bits of wisdom from the famous-and not-so famous-on making change happen in your life. Some humorous, some introspective, these quotes provide a quick, uplifting, and inspiring take on making change happen-with a good, healthy attitude firmly in hand. But in addition to the inspiring quotes, this little book is chock-full of informative facts, advice, and lists, as well as writing prompts to help jump-start the reader to make positive changes in his or her life. This is truly a handbook for taking the small steps that lead to real, lasting change.

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