



# Ten Lessons To Renovate Your Life: Helping You Restructure, Refocus, and Restore Balance In Your Life

*Ashley M Dais*

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## **Ten Lessons To Renovate Your Life: Helping You Restructure, Refocus, and Restore Balance In Your Life** Ashley M Dais

Ten Lesson To Renovate Your Life is a self-development book, designed to help you process emotions, thoughts, feelings, and spirituality within your life. The lessons in the book addresses everything from personal boundaries, family, stress & anxiety, to internal spirituality (not religion). It is a book that is for everyone and easy to read. It will help you look at your life in a new light to discover changes that need to be made It will also highlight confirmation of what you are doing "right" to continue the path of progress.

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