



Why Don't I Do the Things I Know are Good For Me?: Taking Small Steps Toward Improving the Big Picture

Bj Gallagher

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Women know what they should be doing, but still often don't do it. Gallagher explores the reasons why, and helps women to help themselves.

Women know what they ought to do—eat right, exercise more, get plenty of rest, save money, and make smart decisions in their own best interest. But instead, it seems that women often take care of everyone else, yet neglect themselves. It's time they realize they're not hopeless or helpless. Here, sociologist and self-care expert BJ Gallagher shares fifty-two ways they can put themselves first on their priority list—rather than last.

The book begins by exploring the most common reasons women don't take good care of themselves, and how those barriers can be overcome once they are recognized. Readers will discover step by step how small changes can have a big impact; how to replace poor habits with good ones; and finally, how to avoid the "quick fix" traps. BJ Gallagher's tips, tools, and suggestions will guide every woman to a life she deserves—taking better care of themselves and their loved ones.

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Jerry Hernandez:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun for you personally. If you enjoy the book that you read you can spent 24 hours a day to reading a guide. The book Why Don't I Do the Things I Know are Good For Me?: Taking Small Steps Toward Improving the Big Picture it is quite good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore simply to read this book through your smart phone. The price is not very costly but this book possesses high quality.

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Elmo Bragg:

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