



**Get That Monkey Off Your Back: Helpful hints
guide to a happier and healthy lifestyle. Helpful
guide to stress and self-esteem.**

Debra Fleming

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This book was designed to be a helpful guide to a new healthier and happier you. In it you will find different ways to help you get started on a healthy diet. there is helpful information on how you can get started on your diet. Included is samples of recipes, exercising tips, stress reducing steps, and a way to help with your self-esteem. All of what you will be reading is based on my own personal experiences and how I found a way to over come the fears of dieting and be a healthier and happier person. This book is dedicated to all the people who need some help and guidance, to let them know that their not alone in there search for a better way of life.

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