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"Change is the law of life. And those who look only to the past or present are certain to miss the future." John F. Kennedy

Have you wanted to make some changes in your life for a while but postponed them because you felt overwhelmed by self-limiting thoughts?

Perhaps you know what changes you desire but you're not sure where you are going to find the motivation and inspiration to move into action.

This personal growth motivation collection even includes a free mp3, "Change Your Belly To Flat" to help you get started.

Then you want this collection from Present Time - designed for you to inspire you to make the rest of your life the best of your life.!

"If you want your life to be more rewarding, you have to change the way you think." Oprah Winfrey

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending." Maria Robinson

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