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A blend of personal anecdotes and meaningful, practical—and most important, actionable—advice, The Little Book of Big Lies is the life skills class you need to nurture the inner you and move beyond the past.

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In The Little Book of Big Change, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits - once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits.

Ideal for children 3-7 who are stuck inside or learning to cope with new uncertainties, The Little Book of Big What-Ifs is perfect for fans of I Wish You More and The Quiet Book. Every day is filled with opportunities to wonder . . . what if?

The Little Book of Big Change will help the field of addictions and anyone suffering from a debilitating habit to find an easier, more enlightened path to full recovery, not only from habits and addictions, but a recovery of the innate health that is all of our birthright. I will encourage all the treatment centers I work with to use this as a course book for treatment.

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