



The Fresh Start Promise: 28 Days to Total Mind, Body, Spirit Transformation

Edwige Gilbert

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28 Days. 3 Life-Changing Concepts. 1 Brand New You. Welcome to the one-month quick-change challenge?your fresh start on life where you'll rediscover your ability to imagine what you want, and learn how to get it.

Starting today, you can change your mind's thoughts, your heart's fears, and your soul's longing?reconnecting your mind, body, and spirit?using Edwige's popular program that blends the best Eastern and Western philosophies of meditation along with health and wellness.

Get ready?this will be wonderful. Each step on the one-month fresh start plan is rewarding and extremely simple to do. When three basic statements (I CAN, I DO, and I WILL) are used together as mindful assertions, they bring about intentional mind, body, spirit harmony?the absolute secret to successful life change! Whether it's a new job, health and wellness, weight loss, or a renewed sense of joy, with Edwige as your inspiring guide, you're on your way to experiencing "a new joie de vivre" every day of your life.

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