

LEA MICHELE

BRUNETTE AMBITION



Brunette Ambition By Michele Lea 2014 Hardcover

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Brunette Ambition By Michele Lea 2014 Hardcover:

You First Lea Michele, 2015-09-22 You first is about respecting and understanding what you really want and then going out to achieve it In Brunette Ambition Lea Michele shared a lot of the secrets and stories behind her success and how she manages to live a balanced and healthy lifestyle despite her hectic schedule Now in her second book she will teach readers how they too can be their best selves In Lea s opinion keeping a journal and asking yourself the hard questions about what you want out of life is the best way to achieve your dreams so she has outlined a series of exercises prompts and lists based on her own personal program Lea s guided journal will address all the topics she wrote about in Brunette Ambition including fitness diet work school and relationships but with all new material to help readers reach their goals Peppered between the advice and exercises will be fun personal anecdotes from Lea to motivate and inspire readers to put themselves first and live their best life

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **Brunette Ambition By Michele Lea 2014 Hardcover** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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