



# **Style Your Mind: A Workbook and Lifestyle Guide For Women Who Want to Design Their Thoughts, Empower Themselves, and Build a Beautiful Life**

*Cara Alwill Leyba*

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## **Style Your Mind: A Workbook and Lifestyle Guide For Women Who Want to Design Their Thoughts, Empower Themselves, and Build a Beautiful Life** Cara Alwill Leyba

Style Your Mind is a workbook and lifestyle guide for women who wish to make personal and professional changes using the life coaching process. Filled with powerful questions, thought-provoking activities, inspirational quotes, and lifestyle tips, master life coach and bestselling personal development author Cara Alwill Leyba leads you on a journey to style your mind, empower yourself, and ultimately live your most gorgeous life.

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