



# Sort Your Life Out: A 21-day programme to help you create the life you want

*Pete Cohen*

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# Sort Your Life Out: A 21-day programme to help you create the life you want

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## **Sort Your Life Out: A 21-day programme to help you create the life you want** Pete Cohen

Let Pete Cohen become your personal life coach and show you how to get your life sorted once and for all with his 21-day programme to help you tackle the different problem areas which may be troubling you. He covers the areas in our lives that cause us all anxiety and stress from time to time, whether it is body image and weight loss, confidence and self-esteem, time-management, stress and anxiety, relationships or just bad habits. This book will provide you with the tools to help you increase your happiness and wellbeing and fulfil your full potential.

The book contains questionnaires, exercises and case studies to inspire you and help you to create the life you want.

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