



How About You: A Workbook for Change

Joseph D. Bush

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In *How About You*, author Joe Bush helps you think about life in a new light. Joe uses realistic, simple methods to teach you how to find balance in your heart, mind, body, and soul. Once balance is achieved, Joe believes people can find their purpose in life, which leads to true joy. If you have ever felt lost or unhappy, or just want to continue to grow into a better person, this book is for you.

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