



Simple Steps: 10 Weeks to Getting Control of Your Life: Health - Weight - Home - Spirit

By Lisa Lelas, Linda McClintock, Beverly Zingarella

Penguin Publishing Group, United States, 2003. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book. The bills are piling up. The kids need a ride to practice. And you're eating on the run. Thankfully, there are Simple Steps to make a woman feel calm again. Many women crave a sense of order and control, but have no idea how to attain it and find themselves overwhelmed with a thousand daily details. Now, the women who established the popular Simple Steps program show readers how to calm and simplify their life in just ten weeks. Each week, women will learn a new Simple Step for addressing key areas in their lives: weight, health, home, and spirit. And before they know it, they'll be breathing easier and living better than ever before.

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