



# **How I Changed My Life In A Year: One Woman's Mission To Lose Weight, Get Fit, Beat Her Demons, And Find Happiness**

*Shelley Wilson*

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## **How I Changed My Life In A Year: One Woman's Mission To Lose Weight, Get Fit, Beat Her Demons, And Find Happiness** Shelley Wilson

Straight-talking, honest and with touches of humour, Shelley Wilson shares her journey as she sets out to prove that being a 40-something, single mum with back fat and grey hairs isn't the end of life as we know it. From fighting flab to writing a 50,000 word novel in 30 days, Shelley covers a wide variety of themes as she tackles twelve challenges in twelve months. Packed with affirmations, tips, steps and links, How to Change Your Life in a Year will keep you motivated for the year to come and beyond. Based on the popular 'Resolution Challenge' blog, Shelley shows how one year can change your life.

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