



## 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve

By Andrea Owen

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### 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve By Andrea Owen

#### A much-needed kick in the ass for women everywhere!

Like many women, Andrea Owen always lived life on the sidelines, watching each day pass by without ever catching a glimpse of the happiness she yearned for--until the day she had enough. She realized that she had to take action and step out of the box she had created for herself if she really wanted the best life possible. And now, as a celebrated life coach, she shows thousands of women how to take the reins, create an actionable plan for their goals, and finally reach their full potential.

In this powerful book, Owen guides you through her acclaimed strategies for creating a more fulfilling life. Each goal-orientated lesson empowers you to take control of the barriers that keep you from achieving the love and success you desire. From breaking the unrewarding cycle of people pleasing to dealing with unsupportive friends, this book approaches the problems you face with a candid look at why you aren't satisfied--and how to fix it. Owen's life-changing wisdom helps you uncover your self-limiting beliefs as well as push you out of your comfort zone by zeroing in on the most difficult issues. Never one to sugarcoat the truth, she holds you accountable for your actions while offering expert advice for knocking down that cynical inner-voice and loving yourself wholeheartedly.

With *52 Ways to Live a Kick-Ass Life*, you will shut off your internal auto-pilot; kick empty expectations to the curb; and live a bigger, gutsier life.

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### **Editorial Review**

#### Review

"Consider this book your manual. And Andrea your new BFF. Read it, do it, be it." ---Lisa Steadman, author of It's a Breakup, Not a Breakdown

#### About the Author

**Andrea Owen**, CPCC, has overcome an eating disorder, alcoholism, and divorce to emerge as a powerhouse in the life-coaching world. Since founding Your Kick-Ass Life in 2010, she's coached more than 100 women one-on-one, reached more than 1.2 million readers through her blog, and taught workshops sponsored by Dove's Campaign for Real Beauty. You can visit her website at [www.yourkickasslife.com](http://www.yourkickasslife.com).

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Do you certainly one of people who can't read pleasurable if the sentence chained inside straightway, hold on guys this particular aren't like that. This 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve book is readable by means of you who hate the perfect word style. You will find the facts here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to deliver to you. The writer associated with 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve content conveys the thought easily to understand by many individuals. The printed and e-book are not different in the content material but it just different by means of it. So , do you nevertheless thinking 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve is not loveable to be your top listing reading book?

##### **Dianne Janelle:**

Nowadays reading books be a little more than want or need but also be a life style. This reading practice give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the

book that improve your knowledge and information. The information you get based on what kind of book you read, if you want have more knowledge just go with training books but if you want really feel happy read one using theme for entertaining like comic or novel. Often the 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve is kind of book which is giving the reader erratic experience.

### **Julie Long:**

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