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Your Life: An Owner's Guide Goals, Dreams, Values, Exercise, Money and People Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether your biggest concern is coping with stress, managing time, getting organized, handling finances, enriching your social life, or keeping up with your exercise program, Your Life: An Owner s Guide can help. Written by a board-certified behavioral and cognitive psychologist, it offers practical techniques and strategies for navigating the various aspects of everyday life. Author Michael R....

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- Authored by Ph D Michael R Slavit
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