



Lost to Found in 90 Days: Your Journey to Self-Discovery and Ultimate Happiness

Rachel Adams, Nina Rowan Heller

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Imagine This:

You wake up before your alarm clock, inhale a deep breath of gratitude, and know that the most amazing day is ahead of you. You are passionately working your dream career and spending time with people who build you up and have goals just as big as you do. You are surrounded by amazing family and friends and have even found space in your day to steal some “me” time. Your body is in peak physical condition and everyone tells you, you have never looked better!

It doesn't take a magic pill, a horrible diet, or a storybook romance to make you feel completely fulfilled. YOU, yourself, HAVE THE POWER TO CHANGE YOUR LIFE, today!

**Lost to Found in 90 Days:
Your Journey to Self-Discovery and Ultimate Happiness**

Rachel Adams, top-selling real estate agent, and Nina Rowan Heller, health and fitness expert, teamed up to create this powerful 90 day program for self-transformation. You'll find these personal-advice powerhouses to be warm, sympathetic, and poised to help you.

Lost to Found provides a step by step process to rise above what's been holding you back and catapult you into the life of your dreams!

*This is more than just a book. It also includes 12 chapters of workbook exercises. It has been printed to be interactive and personalized. Work on your self-growth anywhere, anytime!

**This book is sold separately as one part of the L2F90 Program. Included in the full L2F90 Program: 12 weekly inspirational guidance videos, exclusive online community, custom mobile app, 90 day Facebook challenge group, sporty T-shirt, and other tools you need to change your life in 90 days.

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From reader reviews:

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In this 21st century, people become competitive in every single way. By being competitive today, people have to do something to make them survive, being in the middle of the crowded place and notice by means of surrounding. One thing that at times many people have underestimated the idea for a while is reading. Yes, by reading a guide your ability to survive boost then having chance to stand than other is high. For you personally who want to start reading any book, we give you this Lost to Found in 90 Days: Your Journey to Self-Discovery and Ultimate Happiness book as starter and daily reading publication. Why, because this book is usually more than just a book.

Peter White:

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Lauren Cook:

A lot of people always spent their particular free time to vacation or go to the outside with their loved ones or their friend. Are you aware? Many a lot of people spent their free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that's look different you can read any book. It is really fun for you personally. If you enjoy the book that you just read you can spend the entire day to reading a guide. The book Lost to Found in 90 Days: Your Journey to Self-Discovery and Ultimate Happiness it is rather good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can more easily to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

Macie Tiffany:

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but if you act like you want to entertain yourself you can read a fiction books, these kinds of us novel, comics, and also soon. The Lost to Found in 90 Days: Your Journey to Self-Discovery and Ultimate Happiness will give you a new experience in examining a book.

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