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The Weekend Makeover



GET A BRAND
NEW LIFE
BY MONDAY
MORNING

NEW YORK TIMES BESTSELLING AUTHORS

Jill Martin & Dana Ravich

Jill Martin and

The Weekend Makeover: Get a Brand New Life By Monday Morning



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She understands she'd feel better if she could just organize her office, get her butt to a yoga class, or finally plan that vacation she's been desperate to consider. Every woman has at some point felt overwhelmed, overworked, and overtired. However, the thought of taking an afternoon or perhaps a few hours for herself seems selfish. Jill Martin and Dana Ravich argue that "me" period is vital to living a more balanced, stress-free lifestyle, and show visitors how to do this without feeling guilty. Each makeover tackles not only the nitty gritty details (like how to share one's pantry with healthy essential or the best ways to eliminate old paperwork), it also guides readers into the right mindset to help make the changes stay so that all it takes is one weekend to make, execute, and apply a foolproof intend to get life on the right track by Monday morning. Packed with entertaining anecdotes and sprinkled with smart illustrations, Weekend Makeover presents a collection of life-altering makeovers for body, mind, and spirit that can be accomplished in just 48 hours, such as: The Rest Makeover, The Romance Makeover, The Mess Makeover, and the Refrigerator Detox Makeover.



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A very interesting method of change The primary reason I've given this book four stars is because I think it requires a topic that so many people would like to embrace (changes to your lifestyles/habits/etc.) and breaks it down into conveniently digestible (and executable) chunks. The seller refunded me let me keep it. They prefer to talk about themselves A LOT Save your valuable money. This will fly when confronted with the established understanding that it really takes around three weeks to truly transformation a habit, but I believe this book gives realistic guidelines to strategy one section of change -- in the end, it's a rare person who doesn't have just one single weekend to spare to better one part of their life (and it may be three days, not necessarily a weekend). Of necessity, the chapters are relatively brief; Some of the info is normally obvious.e. ideas for filling time that is not directly adopted by makeover actions and ways to fend off interruptions by family, friends, function, whatever), but I understand the book could just be so long. All in all, if you are a very busy person but have some things you would like to change, browse the evaluations to discover if your "subject" is covered and present it a try. Twelve Amazing Makeovers I totally loved Jill Martin's and Dana Ravich's reserve, The Weekend Makeover. The book is a wonderful read filled up with funny anecdotes from both Jill and Dana. It's loaded with wonderful suggestions to decrease the stress in your daily life through useful and useful solutions to improve your confidence and motivate you to declutter your life and improve your organizational skills. Each weekend tackles a fresh area in your life where you might be overwhelmed and just too tired to deal with by yourself. My closet appears and feels fantastic right now. My shelves had been filled with old make-up that I simply didn't know what to do with. By reading the chapter, I allowed myself to toss makeup away that acquired expired or that I haven't found in a while. Change your daily life in a Weekend! I also found the closet makeover chapter incredibly useful. I learned to separate my clothing into piles to find out which items are essential, and which items are nonessential. I especially liked reading the chapter on the wonder makeover. I no more dread having to go into my closet and figure out what things to wear. Since scanning this book, I hardly ever put off doing something until Monday. Many thanks Jill and Dana! My drawers and cabinets in my own bathroom look amazing..) You can give yourself a hobby makeover by signing up for a painting class, or singing lessons. I used this with HOW EXACTLY TO Declutter and EARN MONEY Now. Very helpful. Useless. Just usual recommendations. It seems like they are mostly stuff that, if you wished to do them, you'd currently be carrying out them. I haven't read the entire book, but I've read many of the "makeovers" plus they all seem to follow a basic pattern - choose one section of your life to change and devote just ONE weekend to it; If you take one weekend a month and utilize the makeover plans listed in this book--will end up with entirely new life by end of 12 months. Thank you. Although I don't possess it out. Lead there by way of a newspaper content.. I've read it a few times over for tips to make myself over. New life It does take me just a little longer ,but lam on my method !..they agree! That is something to maintain for sure! made over!! Love it! I would have liked to discover more on how best to stay devoted while engaged in the overall plan during the weekend (i.. You don't get a full makeover in a weekend..LOLVery helpful and useful. I got a hard back again bc i was planning on having in on my coffee table... A Helpful reserve for the disorganized women in your family. With all of the stuff I have it would take several weekends but I'm getting there...but if you are like me, you need reminders..... A helpful publication for the disorganized ladies in your family..... Same old, same old No surprises, nothing I didn't already know... Will pass it on. Great Motivation Great read, lots of great tips and plenty of inspiration! :) Three Stars Just okay... fun ideas The book was refreshing! by the next Monday

morning, you have to be on the way. Useless. They prefer to talk about themselves A WHOLE LOT!.. Instead, you pick one element of a makeover from a list of a dozen roughly.. (Yeah, right.) Or you can give yourself a beauty makeover in a weekend, simply by throwing out all of your old make-up and shopping for new stuff. (Viewing a design here?) It is possible to give yourself a fitness makeover by registering for a yoga or spinning course and exercising 3 or 4 times weekly. (Not exactly a "weekend" makeover, could it be? Plenty of good information for people that are busy but still want to keep an eye on things. You get the idea. Unfortunately it didn't arrive in the very best condition. What especially bugged me was that they claimed the majority of the brand-new hobbies were either free of charge or very cheap to get started in, plus they listed several good examples that I know from personal experience are anything but cheap! Like sewing. For instance, it is possible to totally change the manner in which you eat in a weekend, by just throwing out all of your junk meals and shopping for healthy, organic/vegan foods. a must read I love this book! I truly recommend this reserve to every busy women who makes excuses never to change certain things... This will make you that it is possible!! Misleading In Several Ways I'm sure these authors meant well, but the title is quite misleading. I've lent it to my sister and friend.thank you for guiding me thus simply .



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