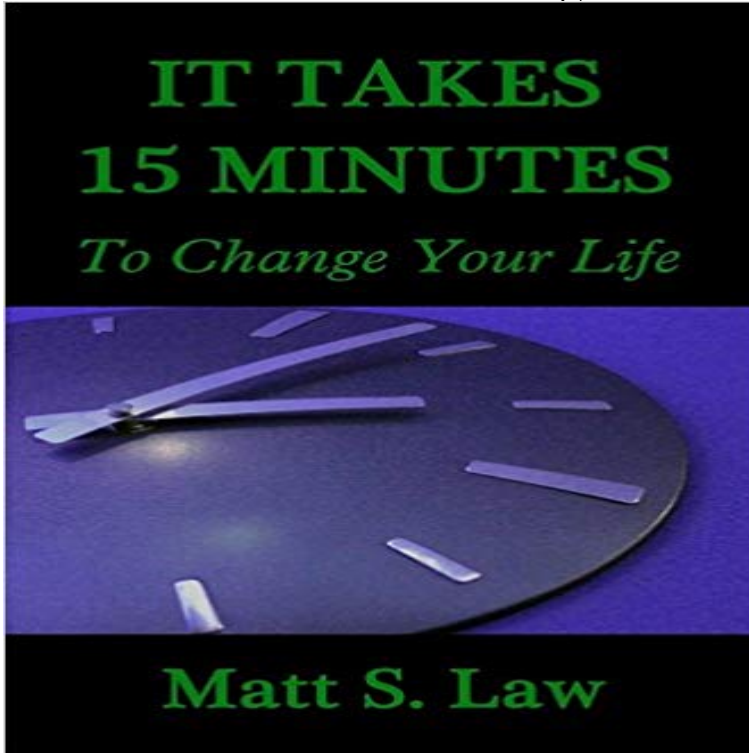


It Takes 15 Minutes to Change Your Life



This book is about making changes to your life in small increments-specifically fifteen minute increments. Because small changes compounded over time yield great rewards.

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