



## **30 Days to a Better Me: Consciousness Cleanse & 21 Days of Fitness**

*Ms Kamesha*

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## **30 Days to a Better Me: Consciousness Cleanse & 21 Days of Fitness Ms Kamesha**

“30 Days to a Better Me” is designed for you to start the healing process for all of your past hurt and pain, and help remove all of your doubts, fears and insecurities to become a better you. In the next 30 days, you are going to discover so many things about you that you didn't know. You are going to dig deep into your past, to find the things that are hindering you to become a better you. Not only will you get a full consciousness cleanse, but you will also get 21 Days of Fitness. There is a detailed plan for all of your fitness needs, with meal plan ideas, picture workouts with instructions, and a 21 Day workout plan. This book is a Mind & Body Makeover. You can be beautiful on the outside, but if you are not together internally, all of the beauty you possess doesn't matter. It is never too late to live the life you were destined to live. If you are trying to find your way, or get back on the right track this book is for you. Ms Kamesha has shared personal stories to help you relate to each day. The hopeful messages filled with quotes and scriptures in this book promotes self-love, and it will motivate you to become a better you.



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