



Naomi's Breakthrough Guide: 20 Choices to Transform Your Life

Naomi Judd

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Naomi Judd is affectionately called the Star Next Door, but she's also a survivor. In Naomi's Breakthrough Guide she shares her hard-won wisdom and outlines twenty important choices that will help readers improve their relationships, family life, career, and even their health. Blending candid personal stories, the science of happiness, and practical exercises with anecdotes about well-known friends and family, Naomi's Breakthrough Guide is an essential companion and guide for anyone seeking to turn potential breakdowns into life-altering breakthroughs.



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