



Thin, Rich and Happy: Take 3 Minutes to Start Your New Life

Wayne Nance

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Thin, Rich and Happy: Take 3 Minutes to Start Your New Life Wayne Nance

Three minutes can put you back in control of Your weight Your money Your relationships Years ago, Wayne E. Nance's life was out of control. An incessant smoker, he weighed an unhealthy 315 pounds. His marriage was disintegrating and his finances were bottoming out. Wayne was like many Americans - fat, broke, and headed for divorce. He finally realized that obesity, debt, and relationship meltdown are surface problems that reveal our core attitudes and beliefs. Once Wayne recognized why he made certain choices, he was able to bring his life back into balance. Today, Wayne is a success story, having permanently lost more than one hundred pounds, paid off more than \$40,000 of credit card debt, and has been married for more than thirty years. His Real Life Management system, outlined in this book, has helped more than 50,000 people greatly improve their lives. The cornerstone of this system is the 3-Minute Survey that will help you identify your core attitude. For each attitude, Wayne presents a customized plan that will help you identify weaknesses, avoid faulty decisions, and stay focused on your self-improvement goals. Real Life Management gives you the tools you need to make deep and permanent changes. It is the essential blueprint for success in the areas of our health, happiness, and prosperity.

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