



## Wellness Reset Mastery: A Self-Care Reset Wellness Alignment Journal Planner for Women in Leadership Roles

By Alicia Waters

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Wellness Reset Mastery is a mini self-care reset and wellness alignment journal planner for women in leadership roles. This resources provides an empowerment reading with wellness reset mastery concepts along with a journal planner for establishing a self-care plan for mindset, mission and management.



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### Reviews

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*-- Elisa Reinger*