



# **Best You Ever: 365 Ways to be Richer, Happier, Thinner, Smarter, Younger, Sexier, and More Relaxed - Each and Every Day**

*Rebecca Swanner*

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Lower your cholesterol. Reinvigorate your sex life. Pay off your credit cards. You can have all the things you want if you take life one day at a time! In *Best You Ever*, you'll find daily, expert advice you need to be your very best self. Each day's entry offers tips, tricks, and tried-and-true tactics for a different aspect of your life, such as:

- Monday: Only Use Cash or Checks to Make Sure You Save Money
- Tuesday: Create a Happiness Blog to Record Life's Best Moments
- Wednesday: Eat Folic Acid to Be Thinner
- Thursday: Try Sage and Lemon Balm to Improve Your Memory
- Friday: Pile on the Garlic to Fight Aging
- Saturday: To Spice Things Up, Create Your Arousal Map
- Sunday: Tune Up Your Chakras to Relax

Take control and transform yourself!

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