



Behind with the Laundry and Living Off Chocolate: Life Changing Strategies for Busy Women

Lynette Allen

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At twenty Lynette Allen suffered from constant pain after an accident. Lacking in confidence and very shy, her life needed inspiration and she wanted a different one. So she went for it. She worked hard at her health to become the dancer she dreamed she could be and, since then, has brought to life many other dreams. Now a successful life coach running workshops around the country, she has achieved her next ambition, to share her secrets in her first book.

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