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A Q&A with Brett Blumenthal Question: Why did you decide to write 52 Small Changes: One Year to a Healthier, Happier You? Brett Blumenthal: I wanted to write a book that covers more than just diet and exercise and give readers a more manageable process to creating a healthy lifestyle. Q: What makes 52 Small Changes different from other wellness books? BB: 52 Small Changes provides a holistic ...

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52 Small Changes addresses all areas of wellbeing, including nutrition, exercise, stress management, mental wellness, and even the health of one's home environment. By guiding readers through these changes at an easy, manageable pace, Blumenthal provides an engaging roadmap to lasting results and "a happier, healthier you."

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Brett Blumenthal is bestselling author of 52 Small Changes: One Year to a Happier, Healthier You and Get Real and STOP Dieting!. She regularly speaks at conferences, spas and wellness centers, and consults on topics of health and wellbeing, as well as business strategy.

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After all, it is the small changes that are the most realistic, instead of trying to overhaul your lifestyle all at once. 52 Small Changes addresses all areas of wellbeing, including nutrition, exercise, stress management, mental wellness, and even the health of one's home environment.

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52 Small Changes: One Year to a Happier, Healthier You by Brett Blumenthal: Conversation Starters 52 Small Changes: One Year to a Happier, Healthier You is one of Brett Blumenthal's latest books to help you become your best with simple easy steps. 52 Small Changes is aware of how difficult it can be to create a whole new life on the spot.

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52 Small Changes addresses all areas of wellbeing, including nutrition, exercise, stress management, mental wellness, and even the health of one's home environment. With weekly goals such as Taking Time to Stretch, Choosing Whole Grains, Spending Time in Nature, and Reducing Dust in Your Home, this enthusiastic guide to long-term wellness is a must-read for anyone ready to change their life ...

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If you have purchased 52 Small Changes, and are anxious to use the tools in the back of the book, but want to keep your book clean of writing, I'm providing the forms for

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download.To eliminate spammers, I've employed the following process: Here's how to Download the Forms: Go to the "52 Small Changes" link on the Sheer Balance Facebook Page

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However, if the entity wishes to change to a 52-53-week tax year or change from a 52-53-week tax year that references a particular month to a non-52-53-week tax year that ends on the last day of that month, it must request IRS approval by filing Form 1128.

[Publication 538 \(01/2019\), Accounting Periods and Methods ...](#)

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Now, at 52, I'm in full-swing perimenopause. I've researched hormone depletion and learned that as our ovaries age, they release fewer hormones, meaning poor regulation of estrogen, progesterone and testosterone. This depletion has thrown me into menstrual chaos. For over a decade, my cycles were 22 to 24 days long.

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