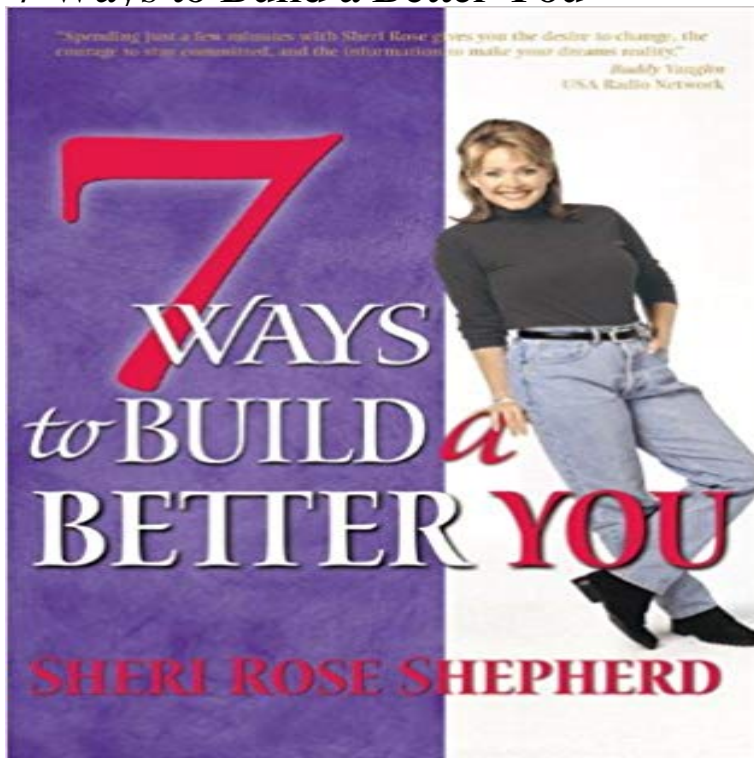


## 7 Ways to Build a Better You



Seven Ways to Build a Better You, based on Sheri Rose Shepherds popular video series, is for people who are ready to break out of the mindset of mediocrity and enter into a spirit of excellence -- emotionally, physically, relationally, and spiritually. Seven chapters, with seven life lessons in each chapter, provide tools to build a foundation for life thats grounded in Gods master plan. Sheri Rose mixes in humor and heartwarming stories to motivate the reader to excellence in every area of life. From the Trade Paperback edition.

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