



**Adjust Your Life Style and New Beginnings:
Adjust Your Life Style (Adjusting your life style)
(Volume 1)**

Ms Bridget C. Williams

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Adjusting to change is difficult and can be a roller coaster ride. The hurdles you have to go through such as coping, challenges, life, struggles, and belonging. When life throw you a curve ball don't take a back seat just dive in and begin again.

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