



Crisp: Twelve Steps to Self-Improvement: A Crisp Assessment Profile (Crisp Fifty-Minute Books)

Elwood Chapman, Martha Chapman

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Optimism is a must in today's competitive world-it's often your edge up. This life-changing book uses twelve self-improvement profiles to help you gain a new focus on your personal life and career. Interactive exercises rate your self-esteem, wellness, human relation skills, assertiveness, attitude, and much more.

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