



The Solution: A 5-day Emotional Makeover for Controlling Stress and Worry

Lucinda Bassett

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"The Solution by Lucinda Bassett" is Lucinda's newest wellness program designed to help people successfully control stress and worry.

The program is spread over 6 audio CDs and is designed to take 5 days to complete:

Day 1: Control Your Fear, Control your Future

Day 2: From Self-Sabotage to Self-Empowerment in 24-Hours

Day 3: Transforming Worry into Lifelong Personal and Financial Security

Day 4: Eat and Exercise for Maximum Energy, Optimal Attitude and Tranquil Sleep

Day 5: Stress Less, Live Longer and Reverse the Aging Process

Bonus CD: "Quick Fix": Feel better Fast!

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