



Living Inside-Out: The Go-to Guide for the Overwhelmed, Overworked, & Overcommitted

Eddie Miller

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Living Inside-Out: The Go-to Guide for the Overwhelmed, Overworked, & Overcommitted Eddie Miller

Living Inside-Out is a thoroughly empowering, accessible, and resonant book for anyone who wants to grab the reins, connect the dots between their inner life and their outer circumstances, and, in so doing, move from overwhelmed, overworked, and overcommitted to discover how to live—and sustain—a happy, healthy, and purposeful life.

Throughout the book, author Eddie Miller shares his own personal process and masterfully interweaves the inspiring, hard-won wisdom of sixteen national experts including best-selling authors Brian Biro; Barbara De Angelis, PhD; Felice Dunas, PhD, Jane Greer, PhD; Jim Karas; Byron Katie; David Katz, MD; Lisa Nichols; Bob Proctor; Paul Scheele, and Marci Shimoff.

Living Inside-Out explores various life disciplines, and help all readers get to the heart of their true desires in order to create an effective 'action plan' in all areas of their lives—fitness, finances, family, intimacy, nutrition, weight management, disease prevention and management, aging, and more.

At its core, 'ultimate living' is a decision, more than a journey or a destination. Living Inside-Out offers a unique opportunity to embrace that decision, and, in doing so, learn to create lasting positive change and live a life of ultimate health, well-being, and prosperity.

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