

ANNOUNCING THE PUBLICATION OF A NEW BOOK BY LOCAL AUTHOR JEFF THIBODEAU

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Everyone wants to be their best at all times. You do. I do. We all do. But most of us don't always know how. If only there was a roadmap to help point the way. Well now there is one!

Be Your Best—A Roadmap to Living a Healthy, Balanced and Fulfilling Life provides discussion, inspiration and practical guidance to help you become the best that you can be in every daily life experience, with particular attention given to the major issues that most people grapple with. It is the first book of its kind to offer 12 books within a book – chapters that can stand on their own but together comprise a truly comprehensive and comprehensible, practical and spiritual guide to being your best in life's most universally challenging situations. *Be Your Best* is useful as a quick reference when time is short and the need is specific and also as a more comprehensive guidebook for life.



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