



Starting Over

Helen Russell

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Having spent the last three years living in rural Denmark, Helen Russell is moving back to the UK and starting over. And she's a little intimidated. Luckily, studies show that when we start new things we are the best version of ourselves, from new jobs and new relationships, to how we feel about our bodies, money and wellbeing. Using her own life as an experiment, Helen investigates the science of new beginnings, and uncovers the practical life lessons we can all use to thrive when change is afoot - and inject some freshness and magic if it's not.

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