



El Plan del Cisne

Nely Galan

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All of us dream of how wonderful our lives could would be if only we could look, feel, and perform our best. With the premiere of Fox's *The Swan*, fifteen million viewers tuned in to watch sixteen women embark on this very journey of self-transformation with the aide of a troopoupe of specialists, from therapists, to cosmetic surgeons. Now, in *The Swan Curriculum*, Nely Galán, the show's creator and resident life coach, reveals the step-by-step process by which you can initiate the same remarkable changes in your own life.

Combining practical tips and workbook-style exercises to inspire meaningful self-evaluation, *The Swan Curriculum* offers women of all ages, shapes, sizes, and backgrounds the lessons and exercises used by the participants on *The Swan* to achieve their personal best. Broken into twelve one-week chapters, that each dealing with a different facet of your life -- among them, (such as work, sex, family, and education --), *The Swan Curriculum* teaches you how to take action to overcome the hurdles that hinder you from being your absolute best.

A complete life overhaul in one volume, *The Swan Curriculum* will give you the tools necessary to become the ultimate Swan, one transformative step at a time.

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