

**The Seven Minute Difference: Small Steps To  
Big Changes**

**By Allyson Lewis**

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Description: The Seven Minute Difference: Small Steps to Big Changes(Hardcover ISBN-13: 9781419537233 Publisher: Kaplan Publishing Publication date: 5/1/2006

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Allyson Lewis is a motivational speaker, a business coach, and the author of The Seven Minute Difference: Small Steps to Big Changes, which tells readers how to

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comments Erin in PA May 27, 2009 at 11:30 am. I love making 7 minute frosting for birthday cupcakes and cakes I love how white it is and its ability to hold