



30 Day Journey to Profound Change: Find Your True Self And Your Destination

Lisa Ann

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30 Days of Original Quotes, Thoughts and Messages

The hope of this book is to keep you inspired on days you feel you can conquer the world, and to keep you hopeful on the days when you feel the weight of the world is on your shoulders and you do not know if you have the motivation to keep moving.

The ultimate goal is when the 30th day is upon you, you will be inspired enough to pursue the changes you need in your life.

Who is this Book for?

It is for anyone; guy or girl, that wants to attract love or the right kind of fulfilling relationships into their lives.

It is for the person who wants to get in better shape and break down the barriers in the mind that prevent mental growth from happening.

It is for the person who needs to walk away from fake friends and toxic relationships and embrace the surprising true friendships we always had, but did not recognize and also embrace new but stronger ones.

It is for the Executive, to the stay at home mom, or young adult trying to find their way.

It is for those who want to start completely over or those who need to change paths mid-way.

It is for anyone who feels like they need change in order to achieve fulfillment, peace and contentment.

About the Book's Writing Style

This is a 61 page book with beautiful images to help reflect on each day's message. This book is very simplistic in its writing style; very uncomplicated and non-intrusive. Each day is written with a specific reason in mind. It was my intention for it to be simple, but for it's few words to be powerful.

This is not a workbook. It is not filled with big words and complicated challenges. If that is what you need at this stage in your life, this book is not a good fit.

It is meant to be like a 'drive thru' for a thought for the day. Grab it whenever you need it, consume it and drive away with its thought in your mind for the day.

My Own Journey Through Change

This book was compiled using emotions that I have seen people in my circle experience.

It also follows the many paths and decisions I made on my mission to create needed change in my life that would allow me to find balance.

I have found balance and fulfillment in my life, according to my rules.

I changed careers and I am enjoying pursuing my dreams that I dreamt when I was a child.

I am proof that it is never too late to do what you were meant to do, but that it is as important to remember that it is always later than you think.

The 'Success' in My Life Began with a Change of Mindset

That change leads you to make other changes in life, but it all began with a change in mindset. No matter what you do or achieve, success and change must first begin in the mind. It is a rewiring of the way you approach things, life and people, and the challenges they present.

Make your own story with the help of this book. Change will come, as will success, as defined by you.

My journey continues, but if it ends now, I am at home with my destination and on the ground I stand on today. After you have read this book, you too can write these words, as your own.

The power of few words, with the power of the mind, creates incredible will and success.

Let the journey begin...

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From reader reviews:

Estella Powell:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each book has different aim or perhaps goal; it means that e-book has different type. Some people experience enjoy to spend their time and energy to read a book. They may be reading whatever they consider because their hobby is definitely reading a book. Think about the person who don't like reading through a book? Sometime, man feel need book whenever they found difficult problem as well as exercise. Well, probably you'll have this 30 Day Journey to Profound Change: Find Your True Self And Your Destination.

Hallie Cathey:

Have you spare time for the day? What do you do when you have much more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a walk, shopping, or went to the actual Mall. How about open or read a book called 30 Day Journey to Profound Change: Find Your True Self And Your Destination? Maybe it is being best activity for you. You understand beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with their opinion or you have different opinion?

Linda Caron:

Reading can called mind hangout, why? Because while you are reading a book specially book entitled 30 Day Journey to Profound Change: Find Your True Self And Your Destination your head will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely might be your mind friends. Imaging every single word written in a publication then become one type conclusion and explanation that will maybe you never get before. The 30 Day Journey to Profound Change: Find Your True Self And Your Destination giving you another experience more than blown away your brain but also giving you useful data for your better life with this era. So now let us demonstrate the relaxing pattern here is your body and mind will likely be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

Maryann Carson:

Reading a book for being new life style in this 12 months; every people loves to read a book. When you read a book you can get a great deal of benefit. When you read books, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what kinds of book that you have read. If you would like get information about your review, you can read education books, but if you want to entertain yourself read a fiction books, this kind of us novel, comics, in addition to soon. The 30 Day Journey to Profound Change: Find Your True Self And Your Destination provide you with new experience in looking at a book.

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