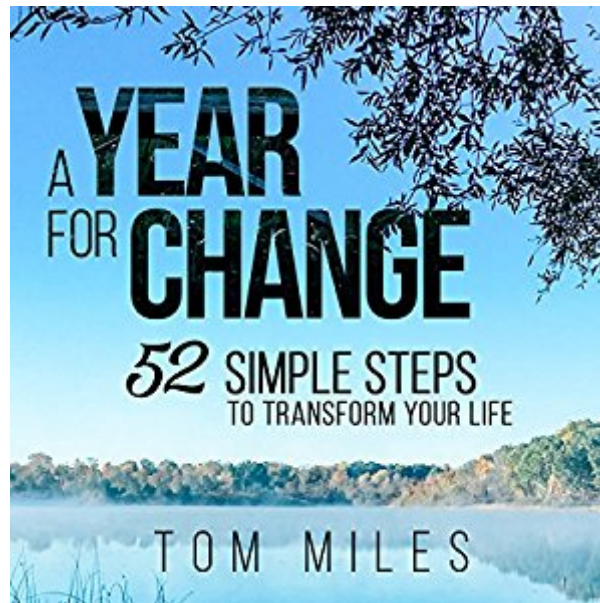




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A Year For Change: 52 Simple Steps To Transform Your Life



Synopsis

In *A Year for Change* you'll be opened up to new opportunities, exposed to new experiences, and it'll take you out of your comfort zone, if you allow it to do so. The choice is yours. You are capable of experiencing a fulfilled life, but you must be open and willing to take the appropriate action. This book explores all the habits and attitudes that create success in 12 broad categories. Within each of the categories are a handful of actionable habits, truisms and pieces of advice. The total of which is 52, one for each week of the year. 52 specific areas of your life, and 52 weekly challenges. The challenges in this book have been tailored to have simple, day-to-day components that will build towards the greater goal. These aren't meant to be 'tried on' for just the week they're in and discarded. Each week is for you to start on those good habits, establish and maintain them. As you go through the year you will keep accumulating these habits until you have a suite of them that will create untold happiness and success in your life.

Book Information

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Customer Reviews

Some time ago I used to do something similar. It was an idea of Benjamin Franklin's that I followed, being enthusiastic for a week and then have another attribute the next week, but I really like the way the author Tom Miles structure his transformational suite of attitudes, ideals and habits that will, I'm sure, make your life so much more. So, I've started this new change in my life and am really enjoying it even though I'm only on the second week. I can tell though that it is something I'm going to really enjoy. Reading through all 52 weeks, there is nothing that I see harmful in any way, just good positive stuff. I already have a daily diary that is already set up for the

month and I've added the next four weeks of the program. The first week is something I've already been working on: Lesson 1: Live in the moment. I'm being present which is the only control we have, in the here and now. • Letting go of the past especially those bad things that happened is part of it. In coming weeks I'll have the Spirit of gratitude, Do something that scares me and spend the week Apologizing, another easy one for me.

This book helped me live the life that I deserve. Several habits and attitudes in order to be successful are shown. It is of great importance to set first the mindset, followed by several aspects such as spiritual growth. In this book, the things you need to do every week that will pass is elucidated. This sums up to almost a year process but even though I've just read this book, I am very certain that my life will transform and I will have a life full of happiness.

Wow! What a great idea - and well written. This book has so much value. A really inspirational mix of questions, weekly tasks and beautiful quotes. After reading it once I started immediately with the first "quest". Looking forward to the things that will happen. If you are looking for a book that will totally inspire you to change for the better - this is my new recommendation! Thanks a lot for this good guide.

The book is unquestionably good. Tom Miles covers all aspects of life for the full transformation. Importantly, do not just read this book, and begin to act. While I understand that this is not easy - and to keep the motivation to act relentlessly, following the plan for a year! A wonderful lesson in how to make our lives better.

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