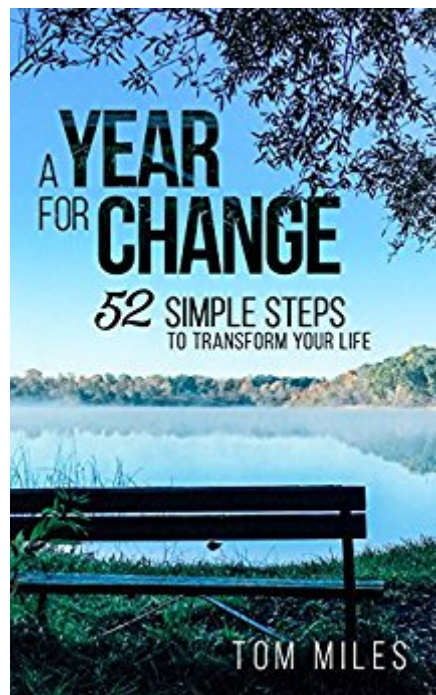




Ebook Directory
the best source of ebook

The book was found

A Year For Change: 52 Simple Steps To Transform Your Life (Life Lessons, Finding You)



Synopsis

Do you want to live a life of fulfillment and contentment, to know that you have pushed yourself to the maximum and have not wasted a shred of the potential that lies in you. To meet more people, be the best person that you can be and leave a legacy that will last for generations? Having a life of fulfillment, health, wealth and happiness is not for the few. We ALL have the potential to lead such a life. We are ALL responsible for the life that we have experienced so far, and weâ™re ALL accountable for the life that awaits us. 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 arenâ™t meant to be â™tried onâ™ for just the week theyâ™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. The 12 Categories Include: MINDSET SPIRITUALITY LIFE PRINCIPLE EMOTIONAL INTELLIGENCE HEALTH & FITNESS SOCIAL LIFE & FRIENDSHIP LOVE & ROMANCE HOME & FAMILY WORK & CAREER WEALTH & FINANCE MENTAL DEVELOPMENT & LEARNING LIFE PURPOSE & CONTRIBUTION Pick up your copy today by clicking the BUY NOW button at the top of this

page!-----

-----Tags: Life Lessons, Your Life, A Better You, A Year For Change, This Is Your Life, Finding You, Your Life Lessons, Life Fulfillment, The Best Of You, Finding Yourself, Finding Me, Life Mastery, Life Lessons, Your Life, A Better You, A Year For Change, This Is Your Life, Finding You, Your Life Lessons, The Best Of You, Finding Yourself, Finding Me

Book Information

File Size: 2220 KB

Print Length: 104 pages

Page Numbers Source ISBN: 151866329X

Simultaneous Device Usage: Unlimited

Publisher: HRD Publishing (October 14, 2015)

Publication Date: October 14, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B016OV91K8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #78,979 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Existential #4 inÂ Kindle Store > Kindle eBooks > Reference > Almanacs & Yearbooks > Yearbooks & Annuals #10 inÂ Books > Medical Books > Psychology > Movements > Existential

Customer Reviews

For such a simple and short book, I was surprised with how much I liked it. Though I didn't read it as intended (read one section everyday for a week before moving on to the next week) I still felt like I gained something. The sections are broken up into larger ideas (Work, Wealth, Health, etc) and then each week has a focus within that section. Each week opens with a quote, some of which are the cliché ones we always hear, but others were a bit off the wall, like the one from South Park, which is a show I love. The sections were only about a page or two, and most ended with a book to further your interest in that week's focus. Or, some ended with a challenge on how to improve a certain aspect of your life, and all of them were manageable and realistic. I surprisingly enjoyed this book and would probably reread it again sometime in the future, especially since it's a nice little recap on how to be a better person in general.

I found this eBook interesting and helpful. I liked the concept of this book, providing a doable challenge to the reader, for each week of the year. Topics included: Finding the path of success that works for you, doing something that scares you, know yourself, take charge of your own happiness...and many more. Along with the author's advice how to achieve each personal goal/challenge, suggested further reading is also included. I appreciated that too. I think the addition

of a few pertinent photos would have added to the overall presentation of this eBook. But the content that IS presented is first rate. If you are in need of some inspiration to get back on track to a happier, more rewarding life, give this one a try. Geraldine Helen Hartman, author of: Laughing AT the Grim Reaper! Gems of Wisdom for Aging Well

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.

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.

I like the first line of this book "Live in the moment". The Author has given the week by week steps to follow. This is the best thing because no one can change his/her habit in few days. Once we discard of the physical and mental clutter, we are free to explore life and all it has to offer. This book will surely give you the basic idea on how to live a simple and happy life. The best to use this book is to read week by week plan and then slowly you will start feeling the change. I got the benefit from this book.

I really liked this book. Many of the steps I have been doing all along, but I'm excited to incorporate all of them. The steps make perfect sense, and are explained well. I'm also excited to read many of

Tom's recommended books too.

Helpful guide for setting goals.

Do you want to change your life in a year? Yes everyone will be interested and excited to change their life, because everyone want to live a very peaceful and in the same time luxurious life. Author had given 52 simple steps and to follow each step a week. So that the transformation happens in a year. And I am sure that following these steps will never let us down in our life, rather it encourages us to be self-motivated and confident.

[Download to continue reading...](#)

A Year For Change: 52 Simple Steps to Transform Your Life (Life Lessons, Finding You) Coaching Elementary Soccer: The easy, fun way to coach soccer for 6-year-olds, 7-year-olds, 8-year-olds, 9-year-olds, and 10-year-olds (kindergarten, first-grade, second-grade, and third-grade) Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life The Change Cookbook: Using the Power of Food to Transform Your Body, Your Health, and Your Life Mid-Life Career Rescue Series Box Set (Books 1-3):The Call For Change, What Makes You Happy, Employ Yourself: How to change careers, confidently leave ... you hate, and start living a life you love, Downsizing Your Home and Loving It: 50 Simple Steps To Organize Your Home, Maximize Your Space And Live A Clutter Free Life (Downsizing Your Life, Decluttering ... How To Organize, Organizational Hacks) Gay Dating Success: Finding Real Love and Intimacy In a Straight World (Real Love, Sex, Finding Women, Finding Men Book 1) Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health (Harvard Health Publications) Hygge: The Danish Art of Living Happy, Finding the Joy in Simple Things and Escaping the Stresses of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship Change Your Clothes, Change Your Life: Because You Can't Go Naked The Perfect Menopause: 7 Steps to the Best Time of Your Life [THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF

YOUR LIFE] by Hess, Henry M. (Author) May-01-2008 Paperback The Lose Your Belly Diet: Change Your Gut, Change Your Life Fish! Tales: Real-Life Stories to Help You Transform Your Workplace and Your Life Change Your Perception. Change Yourself!: The Perception of Who You Are is Responsible for the Situation You're in Today!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)