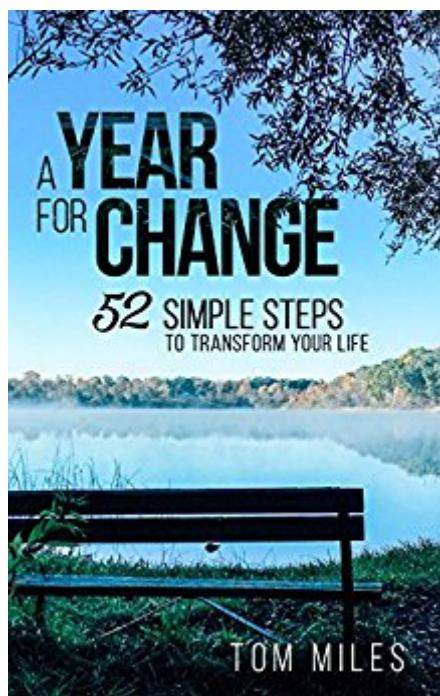


The book was found

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 we'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 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.

The 12 Categories Include: MINDSET, SPIRITUALITY, LIFE PRINCIPLES, EMOTIONAL INTELLIGENCE, HEALTH & FITNESS, SOCIAL LIFE & FRIENDSHIP, LOVE & ROMANCE, HOME & FAMILY, WORK & CAREER, WEALTH & FINANCE, MENTAL DEVELOPMENT & LEARNING, LIFE PURPOSE & CONTRIBUTION.

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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 cliche 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 thins 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 gives 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.

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