



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:

Randall Yang:

Have you spare time for just a day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a wander, shopping, or went to often the Mall. How about open or perhaps 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 realize beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have different opinion?

Gracie Thomas:

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Carlos Moses:

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Sarah Heath:

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