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30 Days - Change Your Habits, Change Your Life: A Couple Of Simple Steps Every Day To Create The Life You Want



Synopsis

Have you ever asked yourself why some people seem to get everything easily and others don't? Everything you have in your life today is a direct result of your thoughts, beliefs and expectations. Nothing happens "JUST BECAUSE". Find out how to take control and full responsibility of your life, and how a couple of small steps every day can change everything. 30 Days is not just a book that you read. To make it work YOU have to work and do the exercises it proposes consistently over time. In this simple, fast-paced eBook you will be learning what it takes to create the life you want. 30 Days is for people who are struggling, wanting to change their life, but they feel powerless and think change comes from the outside. They also keep doing the same things over and over expecting a different result, which Albert Einstein considered to be the purest form of insanity. If you want to change your life, you have to change your habits and start doing small things differently every day. Discover your enormous potential and:

- Stop being a victim of the circumstances
- Stop suffering and start creating the life you want
- Improve your self-confidence
- Improve your relationship with your spouse, colleagues, boss, etc.

30 Days is based on science, neuroscience, positive psychology and real-life examples Anyway. Don't believe a word I say! Try it out for yourself. You already know everything that you will see in the book, but you have to put it into action. Some of the benefits that reading and working through the book can bring you: --> Fall in love with the most important person in your life " YOU --> Lose your fear of your emotions and learn to manage them --> Become wealthier, healthier and happier --> Find the job of your dreams --> Start your own business --> Have an extraordinary life

Book Information

File Size: 1315 KB

Print Length: 204 pages

Simultaneous Device Usage: Unlimited

Publisher: Marc Reklau (August 26, 2014)

Publication Date: August 26, 2014

Sold by: Digital Services LLC

Language: English

ISBN-10: 1502749637

ISBN-13: 978-1502749635

ASIN: B00N2GDB0K

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #60,556 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62 in Kindle Store > Kindle eBooks > Business & Money > Business Life > Time Management #96 in Books > Business & Money > Skills > Time Management #111 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Self-Esteem

Customer Reviews

If Jack Canfield gave our soul chicken soup, Marc Reklau served it up a nice shot of espresso! I love this book! It reads as if you're talking to an excitable best friend; it's a fun read. It starts out like some motivational books do, full of gusto and vigor, but it keeps going while delivering a powerful message: sometimes less really IS more. Too often I've taken on a project only to set myself up for failure by having an insane timeline in my head. Marc Reklau has this book set up so it's all paced out really showing not just the necessity, but the true power of forming a habit. Anything you want to change, to have, be or do, this book is a must-have tool in your toolbox for when you achieve your next goal! I highly recommend it and may very soon make it required reading for my own clients, as well.

Wow this book packs a lot of knowledge into it. With almost 100 chapters the author covers everything from commitment, to beliefs, to patience, to habits, to values, to organization, to facing your fears and so much more. 30 days? Try one day for me. Each page has a ton of useful concepts and principles you can start applying to your life right away. I saw and felt a difference the first day. I highly recommend this book to anyone interested in self-improvement or knows someone who could use a little help.

I can easily follow the steps in this book. Starting at page one, I can do the easy exercises and absolutely change my thinking. This is not 'positive thinking' or 'affirmations', although those are beneficial. This is 'make a change'. Small shifts, but powerful. Day by day, I have been making these changes and my life has been following along. Because I am the one making the changes and life is reflecting those changes in me, I automatically feel empowered. I no longer have to 'wait' for life to change so that I can feel empowered. I am making it happen. This book has re-awakened

the power within me. Thanks Marc, for a powerful, simple book!

Are you ready to stop complaining and start living the life that you desire? If so, "30 Days: Change your habits, Change your life" is the way to go. Think of it as a life coach for a fraction of the cost. But, be warned, you have to do the work! This isn't a feel-good book designed to pump you up for a short period of time, so you can go back to your same old self once you get to the end. Instead, the author has gone to great lengths to create an action guide, where you have to do the work, in order to see changes you've been yearning for. Go ahead and grab a pen and paper so you can do the exercises in the book. And remember, Your Attitude + Your Decisions = Your Life.

I finished this book in three days while taking down notes and doing many of the exercises. Mr. Reklau offers practical and doable advice in changing one's life one habit at a time. The chapters may number up to a hundred but each one is a quick read and not bogged down by unnecessary details or narratives. Just quick bites of advice when you need them the most. Have a notebook read (or the highlighter on your Kindle) to mark important parts worth remembering.

I found inside this book a notebook for change â€” mainly focused on changing my life, or anyone's life for that matter, for the better. It might describe many facts that are already known, but I have seen around me, if they are not written down on paper, if there is no actual notebook to which we can revert to, in order to assess if our homework has been completed for the day â€” the change that we are looking for will never come to us on its own. Filled with life learning's, quotes and to do lists to start switching gears of our life toward the direction we want it to â€” I have really enjoyed going through this book and using it as my daily notebook.

I knew most of the concepts taught in this book, but what a refreshing and inspiring read! Very short chapters allow you to read several before bedtime. I'm leaving a comfortable job to pursue real estate full-time, and honestly, I'm scared to death! Reading this book and so many of the great quotes listed helped my faith to move forward

Read this book 2 times as suggested. The second time, take more notes. I found several things I need to take action on to have a better life. Lots of great advice on time. Wake-up an hour earlier is so easy.

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