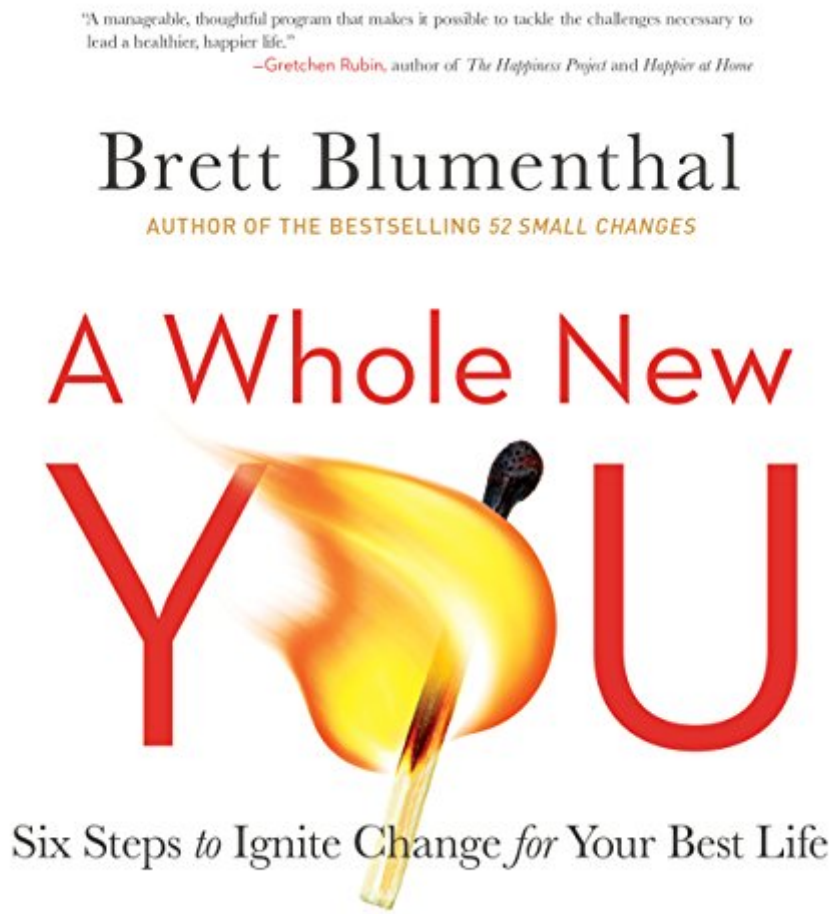
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A Whole New You: Six Steps To Ignite Change For Your Best Life



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Synopsis

Tools and Forms to Help YouThe worksheets from "The New You Journal" section of A Whole New You are available for download at no cost: Click here to begin the download. "The New You Journal" is a companion guide to A Whole New You and should not be redistributed or resold individually. For customer service and support questions, please contact Kindle Support via phone or e-mail by clicking the Contact Us button on our Help pages.From the author of the best-selling book 52 Small Changes comes a smart, practical approach to reinventing any aspect of your life thatÃ¢â ¬â„¢s not working for you. Whether you want to start eating healthy, switch careers, or improve a relationship, Brett BlumenthalÃ¢â ¬â„¢s A Whole New You will inspire you to take control of your life and live your very best. Drawing on her own experience with personal reinvention, her professional work as a change management consultant, and her studies in the fields of psychology and human behavior, Blumenthal breaks down how to successfully reinvent your life in six steps. Each stage is comprehensively explained, with action items, tools, and resources to enable you to follow through and effect change in your life. In A Whole New You, Blumenthal will lead you through:Ã Â Ã Â Ã Â Ã Â Ã Â Ã¢â ¬Â¢ The three times in your life when youÃ¢â ¬â„¢re most ready for change, including during life transitions and after traumaÃ Â Ã Â Ã Â Ã Â Ã Â Ã¢â ¬Â¢ The symptoms--rational, emotional and physical--that indicate you need changeÃ Â Ã Â Ã Â Ã Â Ã Â Ã¢â ¬Â¢ How to stay motivated by making an investment in your successÃ Â Ã Â Ã Â Ã Â Ã Â Ã¢â ¬Â¢ Finding ways to capitalize on your strengths, making change easier A Whole New You is for anyone who wants to make a change but is not sure where to begin, or for those whoÃ¢â ¬â„¢ve tried to make a life improvement in the past but have failed. With the right tools and knowledge, youÃ¢â ¬â„¢ll be able to reach your goals and live not just a good life or a better life--but your best life.

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Customer Reviews

great

Easy to read and follow. I like that it talks about different dimensions of your life. I would compare it to "The Pathfinder", which I also loved. The Pathfinder is mainly geared towards your career, where "A Whole New You" talks about all aspects of life. Great book!

Super pleased with this book - there is no other way to put it.

Excellent product. Super fast shipping. Thank You

Great book

I enjoyed the book A Whole New You! Awesome...It gave me the push I needed to give my life a new outlook and direction. I would tell others about this book.

First, read this book from my library, then decided to have a present to myself. You need to have it as a day to day advices.

This book came at a time when I felt I need to reinvent myself - the steps were great and easy to follow. I really liked Blumenthal’s parallel with First thing First because it was one the books we were reading in my book club. I will keep this book in my library as a part of the book series I am using to

Doing the Work for my life.

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