



Change Your Life In 30 Days: A Journey to Finding Your True Self

By Rhonda Britten

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Change Your Life in 30 Days takes you on a thirty-day journey that will help you make extraordinary changes in your life. Expanded from Rhonda's life coaching on television and in her daily practice, *Change Your Life in 30 Days* will break the myths that keep you locked in fear and unable to be true to yourself.

With sensitivity and humor, Rhonda helps define life goals and outline the steps needed to reach those goals. For anyone who has ever wanted a fresh start or has tried to make major life changes and failed, your answer lies within this book.

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Editorial Review

Review

An inspiring, lifesaving book. I recommend it to anyone looking to make his or her life better. -- *Dave Pelzer, New York Times* bestselling author of *A Child Called "It"*

What [Britten] has accomplished within herself, and now helps others to accomplish, is nothing short of miraculous. -- *Marianne Williamson, New York Times* bestselling author of *Return to Love*

About the Author

Rhonda Britten, author of *Fearless Living* and *Fearless Loving*, can be seen life-coaching on NBC's daytime show *Starting Over* and in the UK on Channel 5's nighttime hit *Help Me Rhonda*, as well as on PBS. As the founder of the Fearless Living Institute, she trains coaches, facilitates corporate and public workshops, and speaks internationally. She has been featured extensively in the media, including national magazines and regularly on *Montel*.

Users Review

From reader reviews:

David Crockett:

Have you spare time for a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a walk, shopping, or went to typically the Mall. How about open as well as read a book titled Change Your Life In 30 Days: A Journey to Finding Your True Self? Maybe it is to become best activity for you. You understand beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have some other opinion?

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