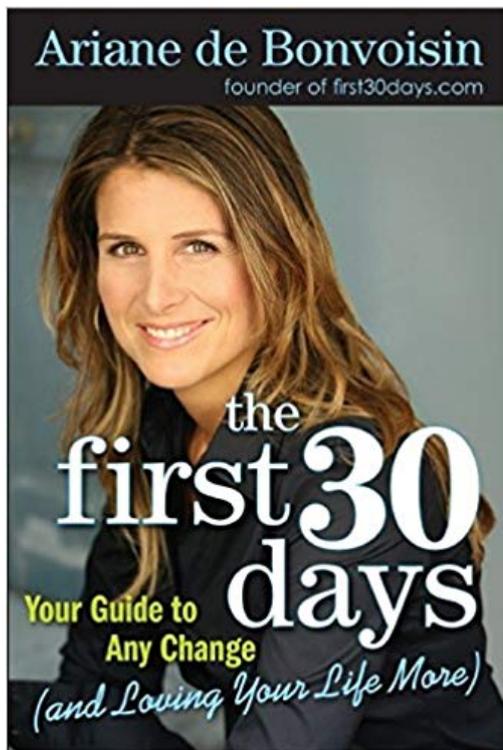


The First 30 Days: Your Guide to Any Change (and Loving Your Life More) by Ariane de Bonvoisin



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The First 30 Days reveals the nine principles of change that will revolutionize how you face transition times. With real-life stories, practical exercises, and inspiring action points, this book teaches the skills you need to face or make any change in your life, including how to: * Use your Change Muscle * Combat fear, doubt, and all your change demons * Get in touch with your spiritual side * Create a plan that will get you results



Reviews of the The First 30 Days: Your Guide to Any Change (and Loving Your Life More) by Ariane de Bonvoisin

Feri

Amazing book. Also love the audio version - read by the author, which I like. Really rally helps you to see the mechanics of change and it's very practical and understandable - the author really knows her stuff.

salivan

I first found out about Ariane De Bonvoisin from an application I downloaded to my Iphone called First30Days. I figured it would be like a little fun motivating application like a word a day calendar. Boy was I wrong. It had so much depth and insight in every single topic, that I looked forward to each new article and its now one of my favorite Iphone applications and I have alot! Anyway- about the book- same thing.... you think oh here is another book to help you improve your life-one of many! I think the MAIN difference here is that change is so universal and so important in so many facets of life that the way Ariane presents it makes me personally keep having "ah ha" moments over and over. Like I am discovering the secrets of the universe.

The book is timely, true, and powerful. Anyone ever hear of Anthony Robbins? I found out she has worked for him in the past and its no wonder that the last time I was so impressed by self-improvement material was his Personal Power series. Thanks for this book it seemed to show up when I needed it most. Funny how life works that way sometimes- Now I'm a change optimist!

Mamuro

Bought this because the executive team is on to their next shiny object. Better than the usual books they come up with, this one actually has some good insight.

Awene

This book is FULL of great information. There is a "take action" segment at the end of every chapter. This is my new bible and go-to reference book! The easiest do-it-yourself guide for making changes in your life. One caveat...nearly impossible to implement the actions in thirty days. I believe the title is more or less a marketing/sales tool.

Qutalan

If you have ever faced doubt, experienced fear or been impatient that what you really, REALLY want in life isn't happening fast enough - then read First 30 Days.

If you have ever struggled with change or felt that things are out of your control - then read First 30 Days.

And if you have ever felt alone and that there is no one to support you - you are wrong. Ariane will help you.

If you don't have an opportunity to meet Ariane in person then don't hesitate to pick up a copy of her book First 30 Days. It is required reading for every woman on my program The Confident Woman's Salon.

"You are much stronger, much smarter and more intuitive than you have ever been told."
- Ariane De Bonvoisin

Rich Litvin

Nalmetus

Ariane's book will be especially well-received by those who know relationships are <very> important. The book is so well done, I'm including it as one of three companion "must reads" for my own book about "change" scheduled to be published Spring 2014.

"The First 30 Days" is more than a "must read". Even IMPERATIVE if you are seriously searching for thoughtful ways to handle change.

Opilar

Ariane de Bonvoison makes you realize that most changes can turn out for the best. This book will help you look at change in ways you've never looked at it before no matter where you are in life. I guess this book worked for me because I have lived through some very drastic changes. In the future I know I'll flip through it each time I am going through some change.

/very helpful book. I bought it for someone who is going thru changes in their life at a drug rehab. I glanced thru it and it seems like the perfect book for someone like that. Much good advice in it. I think it will really help this person alot!

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