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Change Your Life in 30 Days: A Personal Power Change Guide

Verna Cornelia Price PhD

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Change Your Life in 30 Days: A Personal Power Change Guide Verna Cornelia Price PhD
Change Your Life in 30 Days: A Personal Power Change Guide is designed to give you a step-by-step, day-by-day process for creating change in your life. It challenges who you are, how you think, why you think the way you do, and what you want out of life. The book is organized into four weeks. Each week poses a major question about changes in your life. Then you are given a specific instruction for each day to guide you through the process. Every step, every day, is critical to the change process and all thirty days are interconnected to create a process for change. The book also integrates core readings from Price's first book, The Power of People: Four Kinds of People Who Can Change Your Life. Every day you will be asked to read one section from this book as a way to build your change knowledge, evoke your courage, and strengthen your commitment.

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