



The First 30 Days

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

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