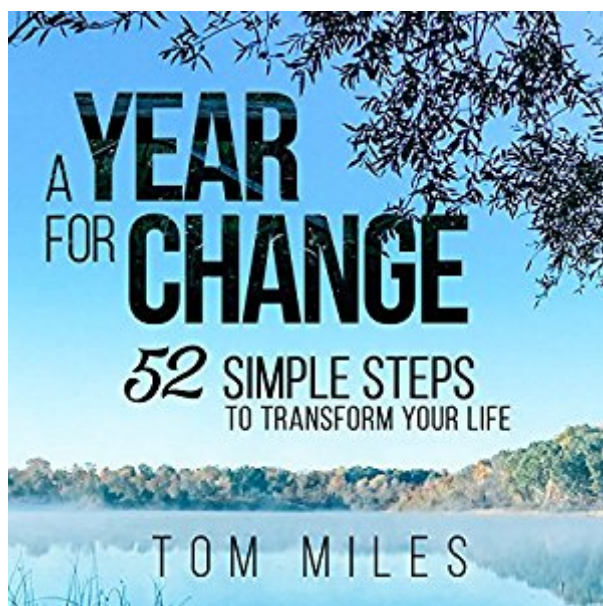


The book was found

# A Year For Change: 52 Simple Steps To Transform Your Life



## Synopsis

In *A Year for Change* you'll be opened up to new opportunities, exposed to new experiences, and it'll take you out of your comfort zone, if you allow it to do so. The choice is yours. You are capable of experiencing a fulfilled life, but you must be open and willing to take the appropriate action. This book explores all the habits and attitudes that create success in 12 broad categories. Within each of the categories are a handful of actionable habits, truisms and pieces of advice. The total of which is 52, one for each week of the year. 52 specific areas of your life, and 52 weekly challenges. The challenges in this book have been tailored to have simple, day-to-day components that will build towards the greater goal. These aren't meant to be 'tried on' for just the week they're in and discarded. Each week is for you to start on those good habits, establish and maintain them. As you go through the year you will keep accumulating these habits until you have a suite of them that will create untold happiness and success in your life.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 3 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HRD Publishing

Audible.com Release Date: November 24, 2015

Language: English

ASIN: B018F2UHFC

Best Sellers Rank: #30 in Books > Medical Books > Psychology > Movements > Existential  
#348 in Books > Reference > Almanacs & Yearbooks #566 in Books > Audible Audiobooks > Nonfiction > Reference

## Customer Reviews

Some time ago I used to do something similar. It was an idea of Benjamin Franklin's that I followed, being enthusiastic for a week and then have another attribute the next week, but I really like the way the author Tom Miles structure his transformational suite of attitudes, ideals and habits that will, I'm sure, make your life so much more. So, I've started this new change in my life and am really enjoying it even though I'm only on the second week. I can tell though that it is something I'm going to really enjoy. Reading through all 52 weeks, there is nothing that I see harmful in any way, just good positive stuff. I already have a daily diary that is already set up for the

month and I've added the next four weeks of the program. The first week is something I've already been working on: Lesson 1: Live in the moment. I'm being present which is the only control we have, in the here and now. • Letting go of the past especially those bad things that happened is part of it. In coming weeks I'll have the Spirit of gratitude, Do something that scares me and spend the week Apologizing, another easy one for me.

This book helped me live the life that I deserve. Several habits and attitudes in order to be successful are shown. It is of great importance to set first the mindset, followed by several aspects such as spiritual growth. In this book, the things you need to do every week that will pass is elucidated. This sums up to almost a year process but even though I've just read this book, I am very certain that my life will transform and I will have a life full of happiness.

Wow! What a great idea - and well written. This book has so much value. A really inspirational mix of questions, weekly tasks and beautiful quotes. After reading it once I started immediately with the first "quest". Looking forward to the things that will happen. If you are looking for a book that will totally inspire you to change for the better - this is my new recommendation! Thanks a lot for this good guide.

The book is unquestionably good. Tom Miles covers all aspects of life for the full transformation. Importantly, do not just read this book, and begin to act. While I understand that this is not easy - and to keep the motivation to act relentlessly, following the plan for a year! A wonderful lesson in how to make our lives better.

[Download to continue reading...](#)

A Year For Change: 52 Simple Steps to Transform Your Life (Life Lessons, Finding You) A Year for Change: 52 Simple Steps to Transform Your Life Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) If You Change Your Words It Will Transform Your Life Help Yourself Natural Remedies 3 Book Bible: Pro Immunity Anti Inflammatory - Sleep Better Without Meds - Change Your Posture Naturally (Transform Your Life Naturally) Committed to Wellness, Fitness and a Healthy Lifestyle: How to Unleash Your Inner Motivation, Change Your Mindset and Transform Your Body Fast! Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching

Session- How To Motivate, Inspire, Change Your Life) Change Your Aura, Change Your Life: A Step-by-Step Guide to Unfolding Your Spiritual Power, Revised Edition IBS: Free at Last! Change Your Carbs, Change Your Life with the FODMAP Elimination Diet, 2nd Edition IBS-Free at Last! Second Edition. Change Your Carbs, Change Your Life with the FODMAP Elimination Diet Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Change Your Brain, Change Your Life Deck Change Your Aura, Change Your Life (Revised Edition) Change Your Story, Change Your Life: Using Shamanic and Jungian Tools to Achieve Personal Transformation Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential) Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Horseback Riding - 10 Simple Lessons That Will Transform Your Horse Riding and Training Sacred Rhythms Participant's Guide: Spiritual Practices that Nourish Your Soul and Transform Your Life

[Dmca](#)