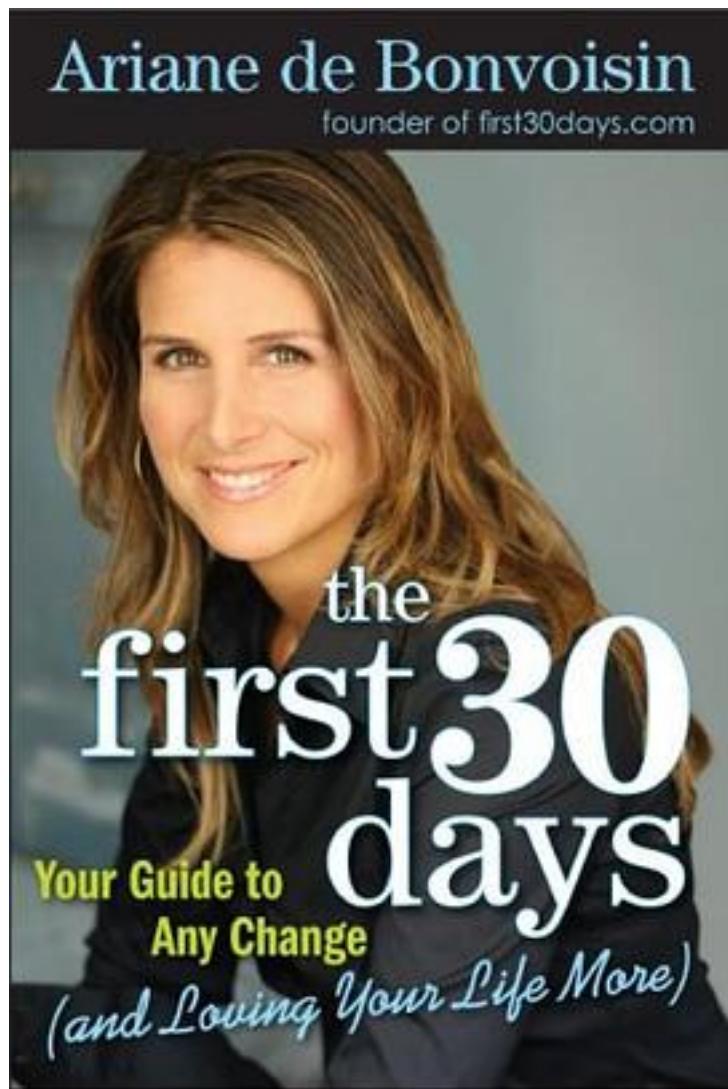


# The First 30 Days



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Has a change happened in your life that you are having trouble accepting? Is there a change you would like to make to help you love life more? If you answered yes to either of these questions, then this is the book for you. This year alone, many of us will fall in love, get in shape, and start new companies, while some of us will lose a job, deal with health complications, or get divorced. Although we often try to ignore change, whether good or bad, it is the one constant. Now, with *The First 30 Days*, we can learn how to embrace change, move through it, and successfully navigate the twists and turns of life. *The First 30 Days* reveals how the beginning of any change is a pivotal time that can either leave us stressed and stuck or lead us forward in our lives with clarity and hope. Change coach Ariane de Bonvoisin provides the tools to make each change a new beginning, whether it is a change you want to make or one brought on by a situation out of your control. Ariane introduces nine principles to help you embrace change and move forward.

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