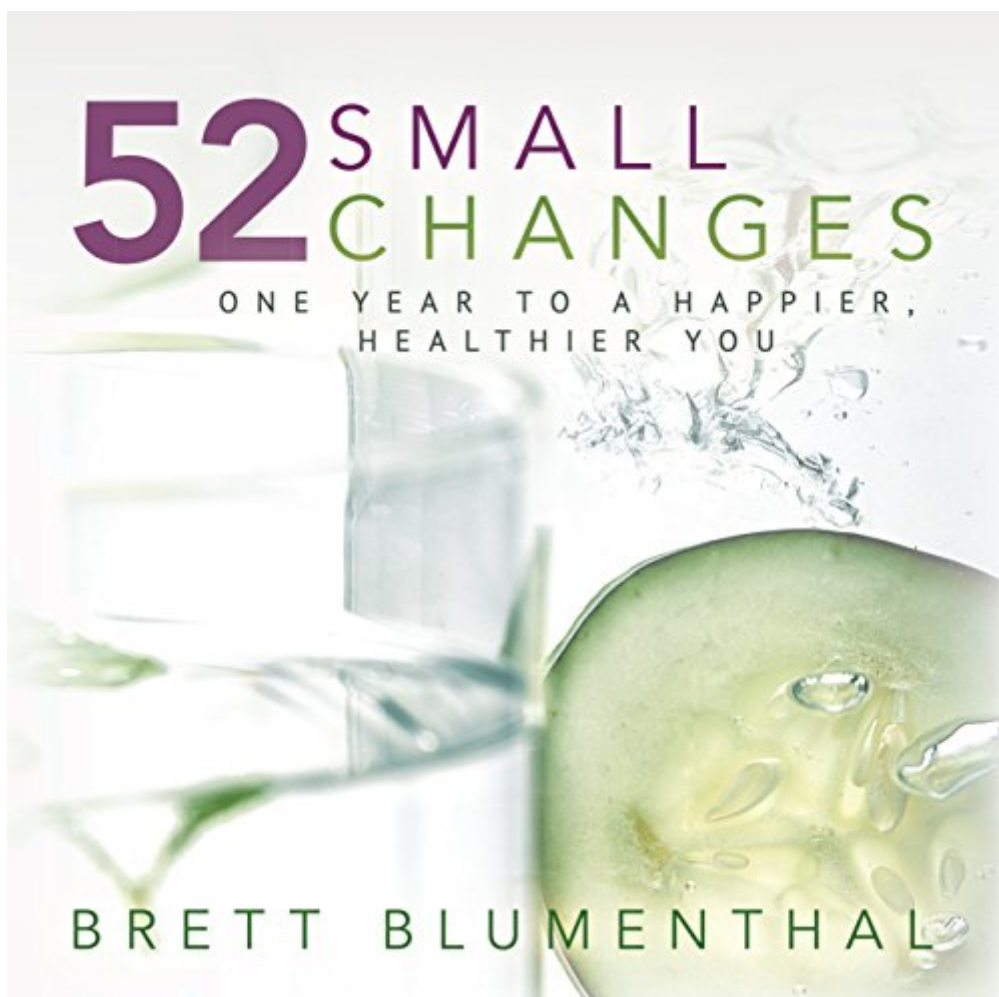


The book was found

52 Small Changes: One Year To A Happier, Healthier You



Synopsis

Whether as New Year's resolutions, birthday wishes, or daily promises, most everyone vows at some point to make a major life change. But change is easier said than done, especially when it comes to better managing our wellness amidst the chaos of everyday living. Fortunately, wellness coach and award-winning writer Brett Blumenthal has devised a way to inspire and motivate her readers to live healthier and make positive changes in their lives. Although Blumenthal's method is not a quick fix, it is a surprisingly simple one: make one small change per week, for fifty-two weeks, and at the end of a year, you'll be happier and healthier. After all, it is the small changes that are the most realistic, instead of trying to overhaul your lifestyle all at once. *52 Small Changes* addresses all areas of wellbeing, including nutrition, exercise, stress management, mental wellness, and even the health of one's home environment. By guiding readers through these changes at an easy, manageable pace, Blumenthal provides an engaging roadmap to lasting results and "a happier, healthier you."

Book Information

File Size: 8123 KB

Print Length: 373 pages

Page Numbers Source ISBN: 1612181392

Publisher: Lake Union Publishing; 1 edition (December 28, 2011)

Publication Date: December 28, 2011

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0056J4ER0

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #13,301 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #32

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living

#39 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Happiness #170 in Books

> Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

Already off to a great start. Starting this before the year end. I have always been a firm believer in little changes amount to big differences

Authors done a fantastic job here bringing together all aspects of live, including nutritional, physiological, activity and spiritual that will help to point those peops ready for change to implement a happier and happier you.I'm proud to say I have already implemented a lot of the changes over the past few years. So it was a great read for reinforcement of what is important and also to pick up on new information. But best of all Brett included the extra challenges to push yourself to the next boundary.The book was an east read too. So no excuse for those that say they have no time to read.Thanks Brett for a great inspirational book. Keep em coming.

.I'm a real cynic when it comes to self-improvement books, but this one stands a cut above the rest. The suggestions are well thought-out and the incremental steps used to implement them workable. Well worth the small purchase price for anyone who is serious about cleaning up their act.I went to the author's page and found that she holds both an undergraduate degree and an MBA from Cornell, which sets her apart from the typical "inspirational" author.While I initially bought the Kindle version of this book, I subsequently bought the print version as well. It turned our to be a real bargain, beautifully printed and bound on quality paper.

I think that the intention of this book is great, but you really have to be in it 100% for it to work (obviously). If you're not committed to really following through, I think you'll fizzle out after a few weeks (like my husband and I did)

Great easy read, lots of really good information. This book did make for some good changes in my life.

Valuable information. Sometimes a bit redundant or stating the obvious, but does put it all in a neat package.If I were to follow all 52 consistently, I'd have so much more calm and contentment in my life.

very easy to follow with some common sense ideas on improving one's life

Makes change workable as I take one week at a time. Great background information as well.

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This Is My Brain on Endorphins: How I Got Fit, Healthier, and Happier (And You Can, Too)
Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You
Successful Women Think Differently: 9 Habits to Make You Happier, Healthier, and More Resilient
The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You
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