



The First 30 Days: Your Guide to Any Change (and Loving Your Life More)

Ariane De Bonvoisin

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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, 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 that will help you develop an optimistic mind-set toward change, an attitude that encourages you to see that life is on your side and that good can come from even the most difficult circumstance. With real-life stories, practical exercises, and inspiring action points, *The First 30 Days* teaches the skills you need to face any change—skills that will help you today and for the rest of your life.

Inside, discover:

How to develop a positive approach to change—it can make all the difference.

The Change Guarantee—from any change, something good can come.

Your Change Muscle—you have one! Find out where it is and how to use it.

How to combat your Change Demons—the negative emotions that want to hold you back.

How to build a Change Support Team—who and what makes the most difference.

The First 30 Days: Your Guide to Any Change (and Loving Your Life More) Details

Date : Published May 6th 2008 by HarperOne (first published 2008)

ISBN : 9780061472831

Author : Ariane De Bonvoisin

Format : Hardcover 240 pages

Genre : Self Help, Nonfiction

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Maria says

Met Ariane at the Mass Conference for Women a year ago - very interesting and motivating speaker. Good read for anyone going through a life change.

Kate Maxwell says

I listened to the audio version read by the author. The author has many helpful tips to get through any change you might be going through, or to prepare you for a change in the future by helping you strengthen your "change muscle." The book seemed well organized with questions to guide you as well as a nice chapter wrap-up at the end of each chapter.

Lori says

Very good book to help you get through the ups and downs of our roller coaster lives. It's good for all kinds of changes you might be going through. What I enjoyed even more than the book was the website ... www.first30days.com

Donna says

I really enjoyed this book. I actually listened to the audiocd's and ended up buying it so I could take some of the tests. I couldn't do that in my car! It was full of positive approaches to our everyday feelings like doubt, guilt, etc. Now if I can only remember all of the anecdotes. I would recommend this to anyone going through a change in their life whether good or bad. It was very uplifting. I listened to it a second time I liked it so much.

Wiley says

AuthorsOnTheWeb Internet Marketing campaign for Ariane de Bonvoisin.

Jo says

It's a good book for people going through changes or rocky times in their life. I think I'd have given it more stars if I'd read it say 10-15 years ago. I've gone through enough of them that I've already figured out this stuff on my own, but it's good to have it all together in one book to give to people who are in their own rocky

periods. It's well-written, with good explanations. And it's true.

Tamra says

Useful guide for those going through change or those who experience difficulty with change in their lives. Easy to read, with exercises to identify beliefs and numerous optimism quotes. Practical advice.

Grace Payge says

Ariane is clearly an expert on change, She imparts her deep spiritual wisdom on this subject and helps the reader to move more easily through their own change. She is a breath of fresh air, easy to understand with a great sense of humour. Highly recommended.

Alanna says

One of the best self-help books I've read.

Brian Johnson says

“What If I Told You...

... that the change you are currently going through could be a little easier, smoother, and less stressful?

... that people who are good at navigating changes have certain things in common?

... that there are proven ways to help anyone through change?

... that the change you have always wanted to make not only is possible, but can be made with optimism and calmness?

... that change can actually help you love your life more?

Would you keep reading?

This book is designed to help you through any life change; no change is too big or too small. This book will radically alter the way you navigate change. And don't worry: despite the title, the book won't take thirty days! You can read it in just a few hours.”

~ Ariane de Bonvoisin from The First 30 Days

One of the ways I know I've read a great book is when I finish it and say, “That author is a cool person!” I feel that when I read a book by a Paulo Coelho, Wayne Dyer or Gay Hendricks and I definitely feel it when I

read this one!

Ariane is the Founder and CEO of First30days.com, a great web site all about empowering people to more effectively manage change, and her book is *packed* with Big Ideas—from learning how to be a Change Optimist, developing your Change Muscle and remembering the Change Guarantee.

If you're going through a change or know someone who is or just wanna turn your life up a notch or three, I think you/they will really dig the book.

Here are some of my favorite Big Ideas:

1. The Nine Principles - For empowered change.
2. Change Optimists - Let's become one!
3. Let's See: - Opportunities for tremendous transformation.
4. Struggles → - Best outcomes.
5. The Change Guarantee - Something great is near.

Let's become Change Optimists as we develop our Change Muscles and KNOW that every change *always* brings amazing positive benefits into our lives!

Here's my video review:

https://www.youtube.com/watch?v=HC_GB...

And click here to find 250+ more of my reviews:

<http://bit.ly/BrianReviews>

Brian

Bernadette says

More like 4 1/2 stars. The first part of the book was great because it was at the beginning stages of my separation and it helped me think beyond the negative thoughts. I think the second part wasn't as inspirational because I had put it aside for a bit and picked it up after I have come to terms with the separation and was in a good place already and didn't need the words of encouragement. Of course, it was still good to finish and go through the exercises. Recommend

Crystal says

I've read a lot of self-help books, but this one has some solid refreshing guidance I haven't seen before. Recommend to anyone just trying to adjust to the daily challenges of life.

Julie says

I never would have read this if I'd seen the cover first! Some fresh ideas for handling change.

Jessie Terwilliger says

To be perfectly honest I didn't learn much from the book, but that is because I've always had the belief that things happen for a reason, good or bad, so it wasn't really anything new for me. But if you have trouble getting through the rough changes in life, even the heartbreaking ones, this book is helpful and enlightening.

Julie says

It is a wonderful, inspiring book. She has a unique way of sharing methods and techniques to embrace and accept change with positive responses.
