



Change Your Life In 30 Days: A Journey to Finding Your True Self

By Rhonda Britten



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Change Your Life in 30 Days takes you on a thirty-day journey that will help you make extraordinary changes in your life. Expanded from Rhonda's life coaching on television and in her daily practice, *Change Your Life in 30 Days* will break the myths that keep you locked in fear and unable to be true to yourself.

With sensitivity and humor, Rhonda helps define life goals and outline the steps needed to reach those goals. For anyone who has ever wanted a fresh start or has tried to make major life changes and failed, your answer lies within this book.



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Editorial Review

Review

An inspiring, lifesaving book. I recommend it to anyone looking to make his or her life better. -- *Dave Pelzer, New York Times* bestselling author of *A Child Called "It"*

What [Britten] has accomplished within herself, and now helps others to accomplish, is nothing short of miraculous. -- *Marianne Williamson, New York Times* bestselling author of *Return to Love*

About the Author

Rhonda Britten, author of *Fearless Living* and *Fearless Loving*, can be seen life-coaching on NBC's daytime show *Starting Over* and in the UK on Channel 5's nighttime hit *Help Me Rhonda*, as well as on PBS. As the founder of the Fearless Living Institute, she trains coaches, facilitates corporate and public workshops, and speaks internationally. She has been featured extensively in the media, including national magazines and regularly on *Montel*.

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