



The 24-Hour Turnaround, Discovering the Power to Change

Jim Hartness, Neil Eskelin

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The greatest hurdle to change is the first step—the actual decision to do it. After that, anything is possible. The decision takes only a moment, but its impact may last a lifetime.

With time-tested advice and inspiring examples, Jim Hartness and Neil Eskelin challenge you to turn your life around. They show you how to use 24 one-hour time periods to:

- " Set achievable goals
- " Break bad habits
- " Improve your self-esteem
- " Control anxiety and fear
- " Increase your motivation
- " Use time and money wisely
- " Strive for excellence and integrity
- " Develop humor and enthusiasm
- " Take time for daily renewal
- " And more!

Jim Hartness was trained in psychotherapy at the University of North Carolina graduate school and is a pastor, counselor, and author of *Escape: Freedom from Life's Greatest Traps*.

Neil Eskelin is a distinguished motivational speaker and the author of *Leading with Love and What to Do When You Don't Know What to Do*.

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Scott Croft:

Are you kind of occupied person, only have 10 or 15 minute in your day time to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short space of time to read it because all of this time you only find publication that need more time to be study. The 24-Hour Turnaround, Discovering the Power to Change can be your answer mainly because it can be read by an individual who have those short spare time problems.

Donald Diaz:

The book untitled The 24-Hour Turnaround, Discovering the Power to Change contain a lot of information on this. The writer explains your ex idea with easy means. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read this. The book was compiled by famous author. The author brings you in the new period of literary works. You can read this book because you can please read on your smart phone, or program, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice read.

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Laura Lee:

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