



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

*Rhonda Britten*

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## **Change Your Life in 30 Days: A Journey to Finding Your True Self** Rhonda Britten

Rhonda Britten, Life Coach on NBC's hit show *Starting Over*, guides readers on a 30-day step-by-step journey to help define goals and make extraordinary life changes in their lives, using practical insights, exercises, and inspiring wisdom.

For those who want to make a major life change but have been too locked in fear to start, the answers lie within this book.

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