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Love Your Life in 30 Days: The Essential Companion to the Online Video Course

Mike Dooley, Hope Koppelman

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This workbook includes 30 activities that are designed to help you move closer to living your dreams, whatever they may be, such as writing your first novel, living a healthier lifestyle, tackling that creative project you've been fantasizing about for so long, or launching your new business. Inside you'll find:

*** 30 activities that take 10 minutes or less each day.**
*** Tips to help you apply the lessons from each activity to your life.**
*** Journal pages to record your thoughts and insights along the way.**
*** Inspirational quotes about living your dreams, following your heart, and trusting the universe.**
*** 30 short online video lessons to accompany each activity, in which Mike Dooley shares tips and insights, including some of his own personal stories and experiences.**

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