

30 Days, Change Your Habits, Change Your Life

A couple of small steps every day to create the life you want

by Marc Reklau



Non-Fiction - Self Help

203 Pages

Reviewed on 01/19/2016

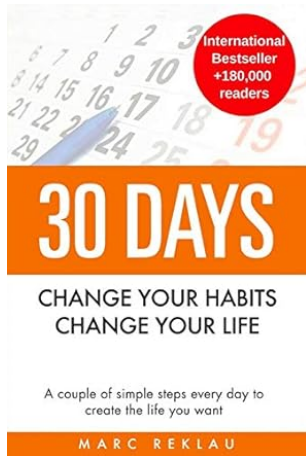
Book Review



Reviewed by Ryan Jordan for Readers' Favorite

Marc Reklau's 30 Days - Change Your Habits, Change Your Life is an excellent self-help book that offers a lot of concrete suggestions about how you might go about fixing things in your life. It has a long series of micro-chapters, each of which has a very solid and pronounced theme and idea it is trying to convey to the reader. Each chapter starts with a quote or two that signifies the idea, then explains what the author is trying to convey, and ends with a few activities the reader can try out. Some of the activities are 'fill in the blanks' to help set goals, or commitments being assigned to motivate the reader into following through. All of it revolves around the idea that if we change the way we act, everything else will fall into line.

A lot of what is written here is common sense or the kinds of things people talk about in every self-help or motivational work. Eat better, drink more water, get more sleep, treat your body like a temple, surround yourself with good things. It all sounds incredibly simple when presented like this, and I like the fact that this book encourages the reader to follow through with the next step of actually committing to these changes. There is nothing revolutionary about this work, and it is only for a very specific audience, but that audience will enjoy it thoroughly, if for no other reason than the selection of quotes. Reading 30 Days - Change Your Habits, Change Your Life by Marc Reklau will help turn anyone into a real winner.



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Author Biography



Marc Reklau is a Coach, Speaker and author of the #1 Amazon Bestseller "30 Days— Change your habits, change your life", which since April 2015 has been downloaded over 135,000 times on Amazon and has been translated into Spanish, Portuguese, German and Korean.

He wrote the book after being fired from his job and literally went from jobless to Bestseller (which is actually the title of his second book).

Marc's mission is to empower people to create the life they want and to give them the resources and tools to make it happen.

His message is simple: Many people want to change things in their lives, but few are willing to do a simple set of exercises constantly over a period of time. You can plan and create success and happiness in your life by installing habits that support you on the way to your goals.