



Life Makeovers: 52 Practical & Inspiring Ways to Improve Your Life One Week at a Time

Cheryl Richardson

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Now in paperback, the *New York Times* bestseller--featuring a powerful program that shows you how to reclaim your life one week at a time.

Cheryl Richardson, the bestselling author of *Take Time for Your Life*, known to millions for her "Lifestyle Makeover" series on "The Oprah Winfrey Show," recognizes firsthand how tough it can be to juggle the daily demands of living in a fast-paced world, and how easily you can become disconnected from your true self and what makes you happy. In **Life Makeovers**, she has taken all the know-how and insight she has gleaned from her years as a personal coach and distilled it into a simple, year-long program that shows how making small changes, over time, can have a huge impact on the quality of your life. In fifty-two simple yet profound essays, Richardson provides a plan for both reflecting and taking action, along with specific, practical advice and exercises to help readers gradually and permanently remodel their lives, week by week. Easy to use and fun to read, this workbook is the perfect companion to *Take Time for Your Life*.

Topics include:

- *The Gift of Time: It's Self-Management, Not Time Management
- *Are We Having Fun Yet: When Life Gets Too Serious, Here's What to Do
- *Give Your Brain a Vacation: For Finding the Best Ideas, Try This
- *Standing in the Shadow: Whose Talent Are You Hiding Behind?
- *Stop Juggling and Start Living: Here Are Some of the Balls to Drop
- *Close Encounters: How to Make a Deeper Connection with Others

Her brief, personal essays will inspire you to make changes, and her *Take Action Challenges*, which appear with comprehensive resource sections at the end of every essay, will guide you through small steps that will teach you to think, act, love, work, and even laugh in a whole new way. Written in Richardson's signature, heartwarming style, **Life Makeovers** is the ideal book for anyone looking for a balanced way to stop dreaming about a better life and start living one.

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