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# A Whole New You: Six Steps to Ignite Change for Your Best Life

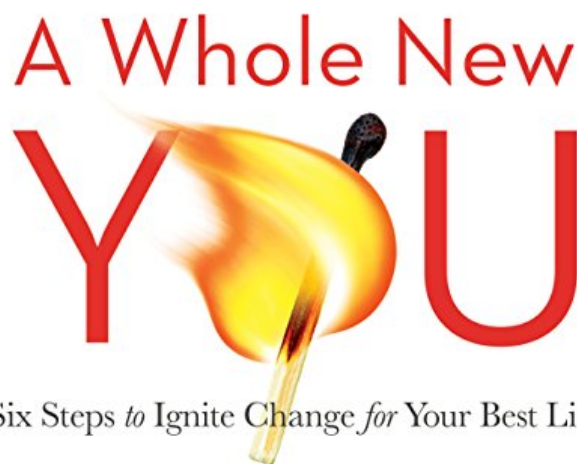
Brett Blumenthal


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"A manageable, thoughtful program that makes it possible to tackle the challenges necessary to lead a healthier, happier life."  
—Gretchen Rubin, author of *The Happiness Project* and *Happier at Home*

Brett Blumenthal

AUTHOR OF THE BESTSELLING *52 SMALL CHANGES*



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**Brett Blumenthal : A Whole New You: Six Steps to Ignite Change for Your Best Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised A Whole New You: Six Steps to Ignite Change for Your Best Life:

0 of 0 people found the following review helpful. Five Stars By Customergreat1 of 1 people found the following review helpful. Just a very well written book! By IWillOrderStuffSuper pleased with this book - there is no other way to put it. 1 of 1 people found the following review helpful. Amazing Book By Annmarie I enjoyed the book A Whole New You! Awesome...It gave me the push I needed to give my life a new outlook and direction. I would tell others about this book.

Tools and Forms to Help You The worksheets from "The New You Journal" section of A Whole New You are available for download at no cost: Click here to begin the download. "The New You Journal" is a companion guide to A Whole New You and should not be redistributed or resold individually. For customer service and support questions, please contact Kindle Support via phone or e-mail by clicking the Contact Us button on our Help pages. From the author of the best-selling book *52 Small Changes* comes a smart, practical approach to reinventing any aspect of your life that's not working for you. Whether you want to start eating healthy, switch careers, or improve a relationship, Brett Blumenthal's *A Whole New You* will inspire you to take control of your life and live your very best. Drawing on her own experience with personal reinvention, her professional work as a change management consultant, and her studies in the fields of psychology and human behavior, Blumenthal breaks down how to successfully reinvent your life in six steps. Each stage is comprehensively explained, with action items, tools, and

resources to enable you to follow through and effect change in your life. In *A Whole New You*, Blumenthal will lead you through:

- The three times in your life when you're most ready for change, including during life transitions and after trauma
- The symptoms--rational, emotional and physical--that indicate you need change
- How to stay motivated by making an investment in your success
- Finding ways to capitalize on your strengths, making change easier

*A Whole New You* is for anyone who wants to make a change but is not sure where to begin, or for those who've tried to make a life improvement in the past but have failed. With the right tools and knowledge, you'll be able to reach your goals and live not just a good life or a better life--but your best life.

"Brett provides readers with a practical road map to inspire positive and meaningful personal transformation. If you've been waiting for a push to create your best life, this book is it."--Mallika Chopra, Founder of Intent.com

"Who doesn't want to transform their lives for the better? *A Whole New You* lays out a manageable, thoughtful program that makes it possible to tackle the challenges necessary to lead a healthier, happier life."--Gretchen Rubin, author of *The Happiness Project* and *Happier at Home*

"We all want better lives but we don't all know how or where to begin to get there. *A Whole New You* is a well-organized guide for anyone at any age looking to live their life to its potential. Discovering the 'best you' begins with a first step and a powerful first step is reading this book."--Melanie Notkin, Founder, Savvy Auntie and author of *Savvy Auntie: The Ultimate Guide for Cool Aunts, Great-Aunts, Godmothers and All Women Who Love Kids*

"*A Whole New You* does exactly what it says. It gives you the path that will take you to that seemingly elusive destination: the person you always knew you could be."--Alisa Bowman, author of *Project: Happily Ever After*

Blumenthal possesses a unique ability to spark in her readers a belief that anything is possible. Her approach to igniting life-change impacted not only how I approach my daily life decisions, but also the manner in which I encourage those around me to approach their lives as well. Through the creation of my personal vision and mission statement I feel confident I'll be able to face and conquer any changes or roadblocks life sends my way. I now greet each day with the goal of outwardly communicating my vision statement to others and, as a result, have made tremendous strides and positive changes in my life."--Carla Birnberg, founder of MizFitOnline

About the Author: Brett Blumenthal is the author of *52 Small Changes: One Year to a Happier, Healthier You* and *Get Real and Stop Dieting!* She has more than 20 years of experience in wellness and almost 10 years in management consulting, advising Fortune 100 companies on managing change within their organizations. Brett received her MBA and her bachelor's degree from Cornell University. She is certified by the Wellness Council of America and the Aerobics and Fitness Association of America. Brett's website is [www.sheerbalance.com](http://www.sheerbalance.com).