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BEST New Year Resolutions for Your BEST Year Ever

Gerry Canfield PhD

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What a perfect moment to make a firm commitment to yourself that the coming year will be your best ever by following the twenty-one principles laid out by renowned psychologist and motivational guru, Dr Gerry Canfield. Based on a lifetime of guiding, counselling and motivating both individuals and corporations to achieve spectacular results, this life-enhancing manual lays bare the secrets to creating a truly rewarding, successful and fulfilling life for yourself. Follow Dr Gerry's time-honored principles and turn the coming year into the most amazing year of your life.

This is your opportunity to learn how to:

Create an inspiring vision for your life that will launch you on the pathway to success
Remove the obstacles that stand in your way
Tackle the clutter in your life head-on - and win!
Take control of all your debts and obligations
Tap into your inner vision of a better life
Build better habits and behaviours
Understand the deeper meaning of your dreams
Improve your diet and nutritional habits
Get fitter and healthier
Tame the TV habit
Expand your knowledge
Make the coming year the best ever

The New Year always sets the scene for cosmetic attempts at self-improvement. We rally round the New Year's resolution flag and half-heartedly exclaim our commitment to some worthy goal or personal objective and the resolutions barely last a week or two. But what if it was possible to transform the whole process into something both meaningful and totally effective? What if we could seize the moment and transform the coming year into something truly spectacular? What if we could lay the foundations for a better year and a better life than we ever thought possible? That's the objective of this timely book on breaking free from the old habits of the past and creating a better, happier, healthier and fully expressed life for yourself. A way to transform ourselves into stronger, more able, more successful and much happier individuals. Because that potential resides within each of us and Dr Gerry is on a mission to help you experience the richness of that potential in your life. The methods are laid out in a simple format for you to follow but Dr Gerry also encourages you to choose the areas from his menu that are most meaningful to you personally. So you can pick and choose the areas that are most relevant to your own life. Twenty-one key areas that can help you to make the coming year your best ever and take you to the heights of success and fulfillment that you truly deserve.

The book explores the challenges of what we do with our time. It looks at some of our less helpful habits and shows us how to transform them into worthwhile and supportive behaviours. It opens up questions about our real potential and shows us how to access our deeper layers of creativity. It encourages us to take charge of our lives. It challenges us to clean up the messes we all make. It calls to us to live a fuller, richer and more satisfying life. It wants us to know the meaning of happiness. These are all extremely worthwhile goals and

the book provides the steps and the guidance to making these goals a reality.

Sometimes you might get the feeling that things really could be better. That your life could be so different if only you knew what to do to get on the pathway to success and personal fulfillment. Dr Gerry Canfield has led and inspired thousands of individuals on their personal quest for a better life and now his knowledge and understanding are available to you in this helpful, handy format. Make the coming year your best ever and take that all-important first step on the road to a truly amazing year.

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Ruth Lynch:

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