



The 24 Hour Turn-Around: Discovering the Power to Change

Jim Hartness, Neil Eskelin

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The greatest hurdle to change is the first step--the actual decision to do it. After that, anything is possible.

The 24-Hour Turnaround challenges people to spend 1 hour reading and contemplating each of the book's 24 short chapters and to make a heartfelt decision to change in the area each chapter addresses. The premise is that decisions made in those 24 hours will transform the reader's career, health, relationships, and overall attitude.

The authors provide specific, doable advice, biblical affirmation, and motivating examples to help readers turn their lives around. Topics include improving self-worth, setting achievable goals, controlling anxiety, winning by quitting, making the most of money, discovering excellence, and more.

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