



## Now What?: 90 Days to a New Life Direction

By Laura Berman Fortgang

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**Now What?: 90 Days to a New Life Direction** By Laura Berman Fortgang

**A clear and utterly practical 90-day program for discovering a new direction for your life.**

In *Now What?* pioneering life coach Laura Berman Fortgang shares the process that she has used so successfully to help hundreds of clients make major changes in their lives. Whether it's moving on from a dead end job, discovering an entirely new creative outlet, or answering the age old question "What am I meant to do with my life?" this book provides a clear and infinitely practical 90-day program that can help you make major changes in your life.

For anyone who feels drawn toward a life-changing move but is not sure exactly what to do or how to move forward, *Now What?* provides a concrete process for finding and pursuing a new path in life. Full of inspiring and empowering exercises and tools, this book guides readers-day by day and step by step-through a 90-day process that will lead to true life satisfaction and fulfillment.

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### Editorial Review

From Publishers Weekly

Based on the assumption that many people are utterly dissatisfied in their lives, this straightforward volume attempts to help readers find what it is that they truly want and make a plan for getting it. Fortgang (*Living Your Best Life*) has designed a 90-day plan—with seven weeks (or 49 days) dedicated to discovering what it is they want, while the rest of the days are devoted to making it happen. She opens with a few anecdotes of clients for whom her strategy has worked; then she presents a sequence of chapters outlining week-by-week goals. In week one, for example, the focus is determining what the reader hates about her current situation, because "what you hate gives a name to what you want." In week eight, Fortgang addresses the idea that "fear, doubts, and lack of training are molehills compared to the stopping power of the mountain we call money"; she then offers viable solutions for removing lack of funds as an obstacle, and in week 12, there's a guide to continuing where the book leaves off. Each chapter contains more anecdotes and specific exercises, which help make the goals practical and tangible and the idea of change seem possible.

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Review

"This is it--a turbocharged, high-energy, stripped-to-the-core distillation of key insights and practices to truly move you forward. After reading Laura's loving and potent guidance, you can't help creating the life you yearn for."

--**Jennifer Loudon**, author of *Comfort Secrets for Busy Women*

"If this book delivers just ten percent of the power of Laura's coaching, it will be worth thousands of times the price."

--**Mark Bryan**, co-author of *THE ARTIST'S WAY AT WORK*

"We all need to plug into an energy source for our lives and once you plug into Laura Berman Fortgang and **Now What?** you will be electrified and raring to go. Listen to what she has to say and you will move your life to new heights."

--**Iyanla Vanzant**

"Thinking of making a big change in how you make a living--or how you live your life? Having trouble getting started? This wise, honest and practical book can help you figure out what may be holding you back, and where to go from here. I'm recommending it to everyone I know. Great stuff!"

--**Anne Fisher**, *FORTUNE*

About the Author

Laura Berman Fortgang is a nationally renowned speaker and life coach, helping individuals, small businesses, and corporations forge new directions and weather change. Recently ordained as an Interfaith Minister, she lives in Montclair, New Jersey.

### Users Review

From reader reviews:

**John Collins:**

Book is written, printed, or illustrated for everything. You can understand everything you want by a guide.

Book has a different type. As we know that book is important thing to bring us around the world. Alongside that you can your reading talent was fluently. A e-book Now What?: 90 Days to a New Life Direction will make you to become smarter. You can feel far more confidence if you can know about everything. But some of you think in which open or reading any book make you bored. It is not make you fun. Why they can be thought like that? Have you searching for best book or appropriate book with you?

#### **Sarah Luis:**

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#### **Michael Mitchell:**

Now What?: 90 Days to a New Life Direction can be one of your beginning books that are good idea. We all recommend that straight away because this book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort that will put every word into enjoyment arrangement in writing Now What?: 90 Days to a New Life Direction nevertheless doesn't forget the main point, giving the reader the hottest in addition to based confirm resource details that maybe you can be one among it. This great information could drawn you into fresh stage of crucial thinking.

#### **Theresa Tompkins:**

That guide can make you to feel relax. This particular book Now What?: 90 Days to a New Life Direction was colorful and of course has pictures on there. As we know that book Now What?: 90 Days to a New Life Direction has many kinds or style. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and believe you are the character on there. Therefore not at all of book are make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book for you and try to like reading this.

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