



The 24-Hour Turnaround, 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 decision takes only a moment, but its impact may last a lifetime.

With time-tested advice and inspiring examples, Jim Hartness and Neil Eskelin challenge you to turn your life around. They show you how to use 24 one-hour time periods to:

- " Set achievable goals
- " Break bad habits
- " Improve your self-esteem
- " Control anxiety and fear
- " Increase your motivation
- " Use time and money wisely
- " Strive for excellence and integrity
- " Develop humor and enthusiasm
- " Take time for daily renewal
- " And more!

Jim Hartness was trained in psychotherapy at the University of North Carolina graduate school and is a pastor, counselor, and author of *Escape: Freedom from Life's Greatest Traps*.

Neil Eskelin is a distinguished motivational speaker and the author of *Leading with Love* and *What to Do When You Don't Know What to Do*.

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Thelma Burke:

The actual book The 24-Hour Turnaround, Discovering the Power to Change has a lot info on it. So when you read this book you can get a lot of benefit. The book was published by the very famous author. Mcdougal makes some research before write this book. This kind of book very easy to read you can find the point easily after reading this book.

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James Coles:

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