



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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