



TITLE:
The Big Book of 30-Day Challenges

AUTHOR:
Rosanna Casper

READ BY:
Rachel L. Jacobs

CLASSIFICATION:
NONFICTION

GENRES:
Health, Mind & Body / Inspirational / Nonfiction / Self-Help

LANGUAGE:
English

FORMAT:
UNABRIDGED

RUN TIME:
3 hours : 6 minutes

RELEASE DATE:
July 17, 2018

MEDIA	ISBN	PRICE
3 Audio CDs	9781974906901	US \$49.99
1 MP3 CD	9781974906949	US \$29.99

The Big Book of 30-Day Challenges

by Rosanna Casper

Read by Rachel L. Jacobs

Dozens of ideas to boost creativity, achieve fitness goals, improve relationships, and more!

Thirty-day challenges are the perfect way to develop new habits and get started living a better, fuller life. Packed with sixty powerful ideas for improving your life in all areas-including fitness, food, mindfulness, relationships, and networking-this book shows how to create lasting habits by first succeeding at a thirty-day challenge. Author Rosanna Casper shares dozens of practical tips, helpful resources, and her own secret tricks that will keep you motivated and committed through day thirty and beyond. If you're ready to make some positive changes in your life, just pick a challenge and get started!

- WALK 10,000 STEPS
- 30 DAYS WITHOUT (ADDED) SUGAR
- COOK ONE NEW RECIPE PER DAY
- GET BETTER SLEEP
- GET RID OF CLUTTER
- TAKE A PHOTO EVERY DAY
- SPEND 30 MINUTES OUTDOORS
- READ 20 PAGES A DAY
- AND MORE!

AUTHOR

Rosanna Casper is a freelance writer, blogger, and mom of three. She writes about finding health, happiness, and productivity one thirty-day challenge at a time on her blog, Hackerella.com.

READ BY

Rachel L. Jacobs is an experienced actor, singer, and voice artist based in Los Angeles. She received her BA in theater from Oberlin and did intensive studies with the American Conservatory Theatre, the National Theater Institute, and Shakespeare & Company. A former resident performer with the California Theatre Center, she has dubbed live-action shows, voiced characters for cartoons, and narrated numerous audiobook titles.