



Ron Kardashian's 30-Second Solution: Transform Your Body, Business, Relationships, and Life in Just Seconds at a Time

Ron Kardashian

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"Ron Kardashian's *30-Second Solution* introduces readers to new breakthrough information for transforming old patterns into dramatic turnarounds for those who want to derive purpose and more satisfaction from life."

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In a very short time, the world has changed exponentially. We are more connected than ever before, but many of us are so "plugged in" that we are disconnected from the moment at hand. We have access to more information than we can process, and we have unlimited choices that delude us, distract us, and derail us from our goals. Today, lasting and meaningful life change requires more than good intentions--it requires a combination of positivity, precision, and purpose. In the *30-Second Solution*, one of the nation's most respected life coaches shares his proven techniques that have helped thousands of people change their lives with tremendous results.

Easily incorporated into any busy daily routine, the methods will immediately change the way people think, feel, and respond to decisions they make on a regular basis, not just in the short term, but for remainder of their lifetime. Readers will discover that if they have 30 seconds they *can* change their lives.

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