



# 37 Days of Different: A Guide to Break Out of Your Boring Routine and Start Changing Your Life

*Camilla Kragius*

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Old habits are hard to break, but with a few simple tweaks outlined in this easy-to-follow, life changing guide you will be ready to conquer your fears and move well beyond your comfort zone and into a place that will invigorate your mind, body, and soul. 37 Days of Different is designed to give you daily inspiration to try something new or to tweak one small thing in your daily life and discover that you had the power in your hands all along to lead you down a happier, more fulfilled path in life. Why allow yourself to remain in a rut, when there's so much more life to live. Breaking a habit is said to take twenty-one days. This easy-to-read guide takes you through that process and beyond, offering inspiration, encouragement, anecdotes, and a place to jot down your personal daily experiences while making a huge impact on your life without having to add another thing to your already long to-do list. Add more life to your world. Live the life you've always wanted or, consequently, you never knew you wanted and cherish every moment to the fullest. Challenge yourself for 37 Days. You won't regret it! Why 37 days? Because the twenty-one days it takes to break a habit or the standard 30 days theme wouldn't be so "different" now would it? Be different. What a few of those that got to read an advanced copy said about the book: "An inspiring book that challenge me to live a bit outside the box everyday. Funny, rule breaking, daily "to-dos" with easy instructions. I am ready to break up with my routine and charge up my life!" ~Karin T. "I love this book from Camilla. It offers just the right amount of encouragement to step outside your comfort zone and day-to-day routine while not completely overhauling your life in an overwhelming way. This book delivers practical ideas to open your mind to new things, broaden your social circle, and add some fun to your day! You will be empowered to step slowly forward into new and uncomfortable with ideas that push and challenge you just a bit more each day.

Throughout the book, you will be given the courage to live more authentically in your day-to-day life and the opportunity to live in a more brave and bold manner. Don't miss out on your next adventure! Let this book guide you along. " ~Stephanie K. "When is the last time you did something truly different? Are you looking for ways to change up your day? Camilla's book, 37 Days of Different, will give you 37 GREAT ways to shake up your life and those around you. Pick up this book and take the road less traveled - you'll be glad you did!" ~Kelly S.



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