



Now What?: 90 Days to a New Life Direction

Laura Berman Fortgang

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A clear and utterly practical 90-day program for discovering a new direction for your life.

In *Now What?* pioneering life coach Laura Berman Fortgang shares the process that she has used so successfully to help hundreds of clients make major changes in their lives. Whether it's moving on from a dead end job, discovering an entirely new creative outlet, or answering the age old question "What am I meant to do with my life?" this book provides a clear and infinitely practical 90-day program that can help you make major changes in your life.

For anyone who feels drawn toward a life-changing move but is not sure exactly what to do or how to move forward, *Now What?* provides a concrete process for finding and pursuing a new path in life. Full of inspiring and empowering exercises and tools, this book guides readers-day by day and step by step-through a 90-day process that will lead to true life satisfaction and fulfillment.

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