



Now What?: 90 Days to a New Life Direction

By 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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Editorial Review

From Publishers Weekly

Based on the assumption that many people are utterly dissatisfied in their lives, this straightforward volume attempts to help readers find what it is that they truly want and make a plan for getting it. Fortgang (Living Your Best Life) has designed a 90-day plan—with seven weeks (or 49 days) dedicated to discovering what it is they want, while the rest of the days are devoted to making it happen. She opens with a few anecdotes of clients for whom her strategy has worked; then she presents a sequence of chapters outlining week-by-week goals. In week one, for example, the focus is determining what the reader hates about her current situation, because "what you hate gives a name to what you want." In week eight, Fortgang addresses the idea that "fear, doubts, and lack of training are molehills compared to the stopping power of the mountain we call money"; she then offers viable solutions for removing lack of funds as an obstacle, and in week 12, there's a guide to continuing where the book leaves off. Each chapter contains more anecdotes and specific exercises, which help make the goals practical and tangible and the idea of change seem possible.

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Review

"This is it--a turbocharged, high-energy, stripped-to-the-core distillation of key insights and practices to truly move you forward. After reading Laura's loving and potent guidance, you can't help creating the life you yearn for."

--Jennifer Louden, author of *Comfort Secrets for Busy Women*

"If this book delivers just ten percent of the power of Laura's coaching, it will be worth thousands of times the price."

--Mark Bryan, co-author of *THE ARTIST'S WAY AT WORK*

"We all need to plug into an energy source for our lives and once you plug into Laura Berman Fortgang and **Now What?** you will be electrified and raring to go. Listen to what she has to say and you will move your life to new heights."

--Iyanla Vanzant

"Thinking of making a big change in how you make a living--or how you live your life? Having trouble getting started? This wise, honest and practical book can help you figure out what may be holding you back, and where to go from here. I'm recommending it to everyone I know. Great stuff!"

--Anne Fisher, FORTUNE

About the Author

Laura Berman Fortgang is a nationally renowned speaker and life coach, helping individuals, small businesses, and corporations forge new directions and weather change. Recently ordained as an Interfaith Minister, she lives in Montclair, New Jersey.

Users Review

From reader reviews:

Ana Worcester:

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