



Now What? Revised Edition: 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 - now completely revised and updated by the author! In *Now What?* pioneering life coach Laura Berman Fortgang shares the process that she has used 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 practical 90-day program that can help you make major changes in your life. This revised edition includes valuable insights into how to stoke change, including: 10 years of additional client experience; reports from 500 coaches worldwide, who have trained to use this material with clients; and new stories and modern-day dilemmas addressed. For anyone who feels drawn toward a life-changing move but is not exactly sure what to do or how to move forward, *Now What?* presents a concrete process for finding and pursuing a new path in life.

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