

*"Like hanging out with your best friend, who just so happens to be helping you find your passion and joy." — Krista, California*

# YOU-NICORN

30 days to find your inner  
unicorn and live the life

*you love.*



DANIELLE A. VINCENT

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You-nicorn: 30 days to find your inner unicorn and live the life you love



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In the event that you feel like your lifestyle could possibly be better and more focused, but regular self-help books aren't; You're; Kirkus phone calls it "It'll work through common blocks like limiting beliefs, but also compassionately contact in some territories like depression and substance abuse, all while having fun within an irreverent publication that's;"YOU-NICORN can be an illustrated 30-day time, step-by-step program to obtain a better perspective on your thoughts, build healthy interactions, clarify your goals, and find the road to make it happen. Since numerous studies show that folks follow programs better in an organization, Danielle offers a free of charge bi-annual coaching group where you're filled with no-nonsense practical equipment that will assist you wherever you are in your awesome trip of life -- tools that you can start using today to create every tomorrow better. In just a little under an hour every day for just thirty days, you can uncover the life span your heart wants for you. If your thing, YOU-NICORN may be the book for you. With the help of the publication, you're worth it. A frank, funny self-help book perfect for those who look at the genre with a wholesome little bit of skepticism. It'll have you scribbling in the margins with revelations on the subject of yourself and others. You'll meet and use like-minded, positive people.) who have struggled and succeeded where you can, too! It'll find out about the lives of dozens of inspiring people (including Bob Ross! The book comes with lots of extras, downloadable worksheets on her website, supplemental assets, and a good free goal workshop. Provide you-nicorn magic a try today!



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Best, yet many gentle activate the a\*\* to moving forward in existence! It combines inspiration, fun and silliness with wisdom and a number of boots on the floor composing exercises to spur you into actions. I bought 2 via amazon to have in my own library and present to close friends! Everyday there are prompts, again excellent, and so far its helped me figure out deeper reasons for having myself. but having all the things in one book, and taking period to sit down each day to accomplish these things gave a great feeling of accomplishment and personal love.! While many personal help books become overpowering, this one by no means did! I looked forward to sitting down every day and taking time to do them! I actually am halfway through this book and it is a existence changer! Buy it for yourself and purchase an extra because if you are reading it, you are likely to want to talk about your journey with everyone you like! I've under no circumstances felt so comfortable with an author! I've read a whole lot of self-help books, but this one was different. It was the best, yet most mild kick in the butt I've ever endured! A delightful mixture of wisdom, tough love and tools for action wrapped in playful story-telling I can't recommend this book plenty of. I received this reserve through the kickstarter in January and We am thus excited that it's available these days to everyone! It creates an incredible present! I gave it to a dozen friends and they all reported back again with breakthroughs regularly as they proceeded to go through the 30 days of exercises. YOU-Nicorn is a great tool to use when points are feeling 'off' - you understand change is needed, but you want some help getting clearness on how best to evolve your life. This book is a GAME CHANGER! This book is game changing- its hard word and requires all of the heavy emotional lifting that profound and lasting change warrants, nonetheless it is written in such a delightful way- so much humor, wit, compassion and inspiration, that one may not help be used, and commit! I did the whole program 30 day program and have continuing on with the journal because I move so on a role with daily writing and reflection. The publication is beautiful, funny, and totally do-able!. I love this reserve! Vincent's book, that I've followed on / off during my life. I have trained with to three close friends I love already, and can't wait to co-create my very own friend army of You-Nicorns! Therefore many books in the same category get rid of a million guidelines at you, that you are feeling like you're swimming. Relatable and Easy to Digest I received YOU-NICORN on Sunday and also have already blasted through the 1st 8 days of actions within 3 days. The matter that really stands out for me may be the authenticity and vulnerability of the writer. She puts everything out there, sharing areas of her life that I could truly relate to. In line with the expectations she sets up front (on the time it'll try complete each activity), There is her approach to instigating action in small chunks has really helped me digest the information fully. I LOVED it. The thought of finding my internal unicorn in thirty days was really fine. Beyond that, the lessons possess made me feel solid, powerful, and excited to take action to drive beyond my current situations to create a life I'm proud of. What a fantastic book! Extremely eye opening, in a brand new new practical method. As so many of the other reviewers have stated, this book would make a fantastic gift for anyone who is currently struggling to figure out how exactly to live a lifestyle they love. For thirty days, I would expect to have 30 full days of "work" but there are a number of missed opportunities. A few of the daily exercises were harder than others but none of them appeared to be busy work or a waste of period like I've experienced from additional so-known as 'self help' books.3. I made some serious adjustments to my regimen, and I'm doing better at lifestyle than I ever possess. To be reasonable, anytime is an ideal amount of time in someone's existence to meditate on whether we are in fact living the very best life feasible. But I'm sure it could be really helpful for some. Use meditation as a means to more mindfully maintain control over my psychological reactions;2. Journaling mainly because a method to explore my feelings (against burying them unanalyzed); In short, this book introduces the various tools (by means of personal reflection exercises) to visualize the life span you

want and reduces how strategic objective planning can in fact help you make that happen vision. Continue to use goal planning exercises as a means to actually fulfill my entire life goals that presently feel relatively elusive and out of reach. It's a keeper. Read this book! Great Book to Add to Your Collection I'm actually loving this reserve. I had originally set out to buy You CERTAINLY ARE A Badass but was attracted to the look of the book. Her design has influenced me to think about this option more significantly. I had performed most of the exercises from the reserve previously, meditation, goal setting techniques, etc. I love the illustrations, the layout of the reserve, the stories, and writing prompts. I would recommend buying the journal as well. Meh Not my cup of tea, I guess. Everyone can gain something from this book! Day time 11 was the overall game changer for me. Danielle put it flawlessly into phrases how I was feeling that time of the procedure and it acquired me in tears! The actions steps for every day really get you to dig into "you" to help you grow to help make the best of your life. This has been an extremely tough year with a lot of setbacks but this reserve is helping me concentrate even more on what I need to do in my life. Thank you Danielle so much to be you! Be sure you sign up for her emails to check out the book and definitely watch the movies that she is posting since it complements that chapter. With all the current personal development books I've browse, I've never had an writer get therefore personal with all the tools (book, Journal, emails, video clips) she is providing us and I cannot wait to observe what she's planned next! Extremely helpful and illuminating! I've always wondered easily could make a living writing. As a 67 year old girl, who has browse many self-help books, Danielle Vincent's "How To become a Unicorn", is hands down, among the best self-help books I have ever read. I look forward to the daily exercises because they're fun, and because they reinforce many of the abilities discussed in Ms.. "How TO BECOME A Unicorn" offers allowed me to brush up so many of these skills I am already acquainted with. This is a powerful book — actually life changing, teaching me that there is so much life forward to be lived fully. Get Ready for your Unicorn-ification Life changing. It's an extremely good book to increase your self-help collection. Going through the thirty days, and acquiring them seriously truly caused me to examine my beliefs, misconceptions, and values. I found this book at an ideal time in my entire life. Not an exaggeration. Fun reading, must have book! Thank you for writing this reserve, and thank you for getting you. I love and enjoy Danielle's wit, humor, personality and writing design. Danielle broke it straight down in a manner that was digestible and FUN and motivated you to stick with it. Actual and inspiring and does fully support the path of success and fulfillment. You CAN live your fantasy life! I felt enjoy it hits all the bases. I got it free of charge on kindle and today I want to order a duplicate and go through it again. I'm ready to live my life to its fullest potential and be a unicorn- my really unique, genuine self. Thank you for this book. Amazing Oh my gosh this book up to now is preferable to I expected it might be. Having unhappiness and anxiety I believe this book and it's really tools will be superb. AN INCREDIBLE Personal Development to assist you find the You-Nicorn within yourself! After scanning this book, these are my action steps: 1. There is a good deal of wisdom in this publication and it is divided into conveniently digestible chunks. Excellent book! I am currently reading this and so considerably it is extremely helpful, powerful and meaningful! It's a must browse! The format of the book, and just how it is created make the exercises fun and challenging! This incredible read! Danielle has a way of writing which makes you feel equal and that we are in this together! I think it's because it was basic. it's a no-brainer, bullseye, winner, covered in loveliness and delight. Many thanks so much because of this amazing gift. Thank you!



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