



Grace Trail: Find Your Footing and Move Toward The Life You Were Meant To Live

Anne Jolles

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No matter who you are, no matter what you've been through, Grace Trail® will connect where you are now with where you want to go.

You can walk the trail anywhere, anytime, with anyone by just showing up and asking the questions shared in this book. Created by acclaimed life coach Anne Barry Jolles in 2012 to help her cope with the worry of having a son in combat in Afghanistan, Grace Trail has guided thousands of people to begin a simple conversation around joy, hope and resiliency.

Plymouth, MA is the site of the original, beloved path, but it is not the only one. Grace Trail can be walked anywhere, from the comfort of the reader's kitchen to the office or any outdoor spot. Filled with easy to implement ideas, inspirational anecdotes, humor, compassion and realistic optimism, this book offers readers practical, immediate tools to take "5 Steps Toward Your Best Life.®"

By asking and reflecting on key questions about the five components of GRACE - Gratitude, Release, Acceptance, Challenge and Embrace - you will find that you are walking off your worries and accessing hope. Move toward the life you were meant to live with Grace Trail.

Grace Trail is the Trail that leads you back to you.

Grace Trail: Find Your Footing and Move Toward The Life You Were Meant To Live Details

Date : Published November 20th 2015 by Grace Trail Publishing

ISBN : 9780996837002

Author : Anne Jolles

Format : Paperback 182 pages

Genre : Self Help, Nonfiction

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From Reader Review Grace Trail: Find Your Footing and Move Toward The Life You Were Meant To Live for online ebook

Tien says

Wonderful self-help book. I've been on so many trails but never on a Grace-trail. Everytime i read the book my mind feel calm and in peace. I can't wait to start my Grace-trail.

Trina says

Goodreads win. Will review once received.

Eric says

I received this book as part of the Goodreads Giveaways program. I love the concept of GRACE (gratitude, release, acceptance, challenge, and embrace) as a tool for overcoming life's everyday challenges. This book guides one along the journey of incorporating these questions into a daily walk. I've personally thought these questions would be great to incorporate into a miracle morning routine.

Dana says

I won Grace Trail from Goodreads for an honest review. I'm very happy I won Grace Trail!! I have read a lot of self help books lately and this one actually hit home! I actually have placed some stones in my kitchen and living room. I highly recommend Grace Trail everyone!!

Connie says

FTC Disclosure: I received this book free from Goodreads hoping I would review it.

Kathryn Guylay says

I have never met Anne Jolles, but I assume from her writing that she is one of the most caring, generous and positive people around. Why NOT add a little Grace into your life: GRATITUDE, RELEASE, ACCEPT, CHALLENGE, AND EMBRACE. She asks good questions throughout that get the reader thinking. I especially appreciate the fact that the seed idea for this book was to "help soldiers walk off the war".

Chris Cavalieri says

it's a diy self help exercise. loved it.

Gail Hernandez says

Wonderful concept. I can't wait to set up my own Grace Trail or attend one of her workshops -- maybe we can get a group together?

Tracey says

I am so truly grateful for winning this in the Goodreads Giveaways! There are a bunch of self-help books BUT this one has touched me the most! "Her" words alone puts her above the rest! I can't wait to visit Plymouth, MA and actually walk her trail! I "can't" change what has happened in my life up to this point; but I "can" choose how I go forward from this point! I went to the ocean today (my one & only place that can let my mind relax) and did a version of Grace Trail :) I can't believe how much has been holding me back! Anne Jolles, is incredible and her book helped me to move forward & enjoy life at this very moment! Once you read the book, you'll understand~ I left a rock with the word HOPE on it!
