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The Best Year of Your Life: Dream It, Plan It, Live It

Debbie Ford

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No. 1 New York Times bestselling author Debbie Ford's The Best Year of Your Life is a call to action to stop pretending that the future will bring you the life of your dreams and to instead start living your dreams in this moment and for the rest of your life.

Many of us spend our days thinking, talking and dreaming about what our lives could be like 'if only ...'. We make resolutions, we follow a new diet, we start exercise routines – we begin working on our lifelong goals and then we give up, get too busy and forget about what's truly important to us. Another year passes by and our dreams remain out of reach. But what if today you discovered that the life you've always wanted is right in front of you, well within your grasp? Are you ready to live it?

Debbie Ford not only answers these questions but offers a proven, practical blueprint for making today – this moment – the beginning of the best year of your life.

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