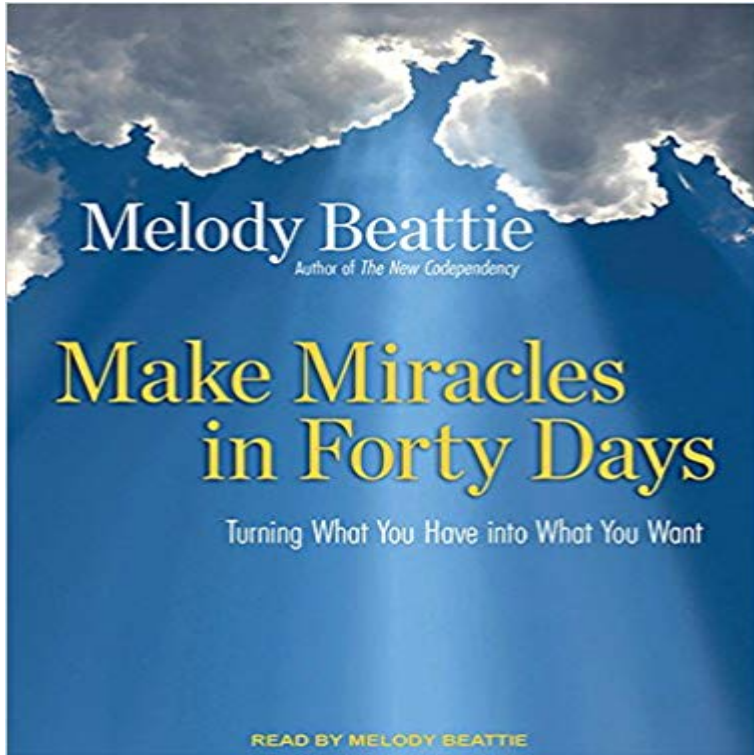


# Make Miracles in Forty Days: Turning What You Have into What You Want



Melody Beattie has been a trusted counselor for millions of people for more than twenty-five years. Her books are infinitely relatable, flush with candor and insights, and rooted in firsthand experience. *Make Miracles in Forty Days* is punctuated with Beattie's own stirring stories of overcoming obstacles and dealing with life's tragedies. She walks listeners through a number of different situations, urging them to recognize within themselves the power they have to enact miracles—they have the ability to drastically change their current situations for the better. Beattie provides a six-week action plan, challenging us to practice her Miracle Exercise for forty days. She instructs listeners to complete a daily gratitude list, which includes what they don't like about their lives, and provides a series of activities that will help them recognize what miracles they want to create. It's crucial, she shows, to be grateful for what we have and what we are, not what we want or wish we were.

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