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Here she shares with the reader her 30 day course on how to stop thinking about your goals and start to push towards them and achieve them. There is a small chapter a day, no more than 5-6 pages at the most and over the course of 30 days, you will learn the tools to succeed in life. The book is an easy re

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Read a chapter a day, and then share your homework with your friend. Not only will you really bond in the 30 days it takes to get through it, but the accountability of knowing someone is expecting to see your work and not wanting to let them down will challenge you to actually do it. I did it. I went through all 30 days. And I have changed so much!

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PUSH, Chalene's first book ever, distills the wisdom that has made her a fitness queen into a totally unique 30-day system that will help readers reset their priorities, get their lives together, and lose weight for good. Chalene gives readers the life-changing tools they need to change their habits with 30 days of practical

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