



Jump...And Your Life Will Appear: An Inch-by-Inch Guide to Making a Major Change

By Nancy Levin

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Jump...And Your Life Will Appear: An Inch-by-Inch Guide to Making a Major Change By Nancy Levin

Are you ready to make changes in your life—but feel something is holding you back? Is your soul asking you to take a leap—but you're too afraid to take it? Are you ready for something new—but aren't sure where to start?

If this sounds like you, the book you hold in your hands will give you the courage and faith you need to jump across the threshold from where you are—to where you want to be. *Jump . . . And Your Life Will Appear* is a step-by-step guide to clearing the path ahead so you can let go and make the change you need the most. With a series of effective exercises, coach and author Nancy Levin will walk you through your fear, usher you up to the moment of jumping, and help you navigate what awaits on the other side.

Whether you want to switch careers, move to a different part of the world, set boundaries with someone in your life, or increase your capacity for self-love, *Jump . . . And Your Life Will Appear* will support you on a practical path from start to finish.

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Editorial Review

Review

“It was an honor to be a firsthand witness to Nancy on her journey through telling the truth, letting go of the past, and making transformational changes in her world. Take her advice, and you too can create a whole new life for yourself.”

— **Louise Hay**, New York Times bestselling author of *You Can Heal Your Life*

“Nancy Levin is one powerful woman, trust me. I urge you to read this book and grow.”

— **Dr. Wayne W. Dyer**, New York Times bestselling author of *I Can See Clearly Now*

“Jump . . . And Your Life Will Appear is brave, authentic, and liberating. Rebirth is possible, and Nancy Levin’s candid story and coaching techniques will show you how. Jump and read this book.”

— **Kris Carr**, New York Times bestselling author of *Crazy Sexy Kitchen*

About the Author

Nancy Levin is a Certified Integrative Coach through The Ford Institute for Transformational Training and the author of *Writing for My Life*. She’s been the Event Director at Hay House since 2002, and—when not on an airplane—Nancy lives in Boulder, Colorado, where she received her MFA in Poetics from Naropa University.

You can visit her online at: nancylevin.com

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