



The Power of One Thing: How to Intentionally Change Your Life

Randy Carlson

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From counselor and popular radio host Dr. Randy Carlson comes a new book containing the surprising truth: Living a better life is easier than you think! Instead of making big resolutions that quickly overwhelm you, *The Power of One Thing* invites you to begin moving toward change one daily, intentional step at a time. You'll learn how to figure out which positive change can make the biggest payoff in your life; you'll get practical tips from those who have already benefited from this plan; and you'll see how your *one thing*, lived intentionally over time, will help you to achieve the dreams you'd almost given up on.

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