

*YOU-NICORN: 30 days to find your inner unicorn and live the life you love*

---

*YOU-NICORN* is for people who want to turn their lives from meh to marvelous. The 30 days of exercises are fun, funny, challenging, and life-affirming, for people who want to dissolve their internal blocks and build the life they love.

---

Are you ready to turn your life from meh to marvelous? *YOU-NICORN* is a book filled with exercises to help you get clear on what's blocking you, uncover and resolve your limiting beliefs, and figure out what you want out of life. By the time you finish the book, you'll have a strong internal foundation and an action-plan to build the life of your dreams.

---

After more than 10 years of corporate cubicle life, Danielle decided to practice the lessons she learned in her last job at The Oprah Winfrey Network and craft an exciting life of travel, handmade soap, a dream home, and even goats. With the rigor of a scholar, she tested any self-help program, spiritual course, or mental practice that came her way.

*YOU-NICORN* is a distilled collection of the 30 most important lessons she learned during that time, in daily, straightforward, easy-to-complete exercises that take between 10 and 40 minutes.

Completed solo or in a group of friends, or even in one of Danielle's free coaching groups, you'll have fun while building the life you love.

---

If you feel like your life could be better and more focused, but regular self-help books aren't your thing, *YOU-NICORN* is the book for you. Kirkus calls it "A frank, funny self-help book perfect for those who view the genre with a healthy bit of skepticism."

*YOU-NICORN* is an illustrated 30-day, step-by-step program to help you get a better perspective on your thoughts, build healthy relationships, clarify your goals, and find the path to get there. It's full of no-nonsense practical tools that will help you wherever you are in your awesome journey of life -- tools that you can start using today to make every tomorrow better.

In a little under an hour every day for just 30 days, you can uncover the life your heart wants for you. You're worth it.

With the help of the book, you'll work through common blocks like limiting beliefs, but also compassionately touch on some territories like depression and substance abuse, all while having fun in an irreverent book that'll have you scribbling in the margins with revelations about yourself and others. You'll read about the lives of dozens of inspiring people (including Bob Ross!) who have struggled and succeeded where you can, too!

