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What's in Your 24? How to Get It Done Without Getting Outdone

Dana Simone Stovall

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What's in Your 24? is a book for women who want to create a "new normal" in their lives. 24 is the guide to living happier, getting fit from the inside out, taking control of your destiny, and living life without excuses. 24 will empower you, make you laugh, teach you how to love yourself more, how to prioritize your thoughts, how to be more selfish with your time, and how to quiet the chatter around you. 24 intentionally consists of 60 pages and three chapters that will change your life forever. It contains 24 Time Efficiency Tips that Simone promises will help you maximize your day more effectively and help you exercise at least three times a day with little effort. 24 is a concise and radical lifestyle guide that shouldn't take you more than 60 minutes to read it, more than 60 seconds to make the decision to change your life, and no more than 24 hours to begin making that transformation.

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