



# Grace Trail: Find Your Footing and Move Toward The Life You Were Meant To Live

*Anne Barry Jolles*

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**Grace Trail: Find Your Footing and Move Toward The Life You Were Meant To Live** Anne Barry Jolles

**No matter who you are, no matter what you've been through, Grace Trail® will connect where you are now with where you want to go.**

You can walk the trail anywhere, anytime, with anyone by just showing up and asking the questions shared in this book. Created by acclaimed life coach Anne Barry Jolles in 2012 to help her cope with the worry of having a son in combat in Afghanistan, Grace Trail has guided thousands of people to begin a simple conversation around joy, hope and resiliency.

Plymouth, MA is the site of the original, beloved path, but it is not the only one. Grace Trail can be walked anywhere, from the comfort of the reader's kitchen to the office or any outdoor spot. Filled with easy to implement ideas, inspirational anecdotes, humor, compassion and realistic optimism, this book offers readers practical, immediate tools to take "5 Steps Toward Your Best Life.®"

By asking and reflecting on key questions about the five components of GRACE - Gratitude, Release, Acceptance, Challenge and Embrace - you will find that you are walking off your worries and accessing hope. Move toward the life you were meant to live with Grace Trail.

**Grace Trail is the Trail that leads you back to you.**

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