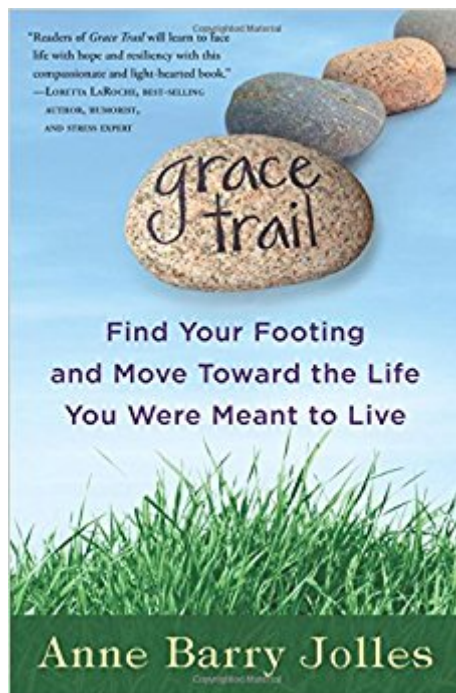




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# Grace Trail: Find Your Footing And Move Toward The Life You Were Meant To Live



## Synopsis

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.

## Book Information

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## Customer Reviews

"If you love my "Chicken Soup for the Soul" books, you will love "Grace Trail: Find Your Footing and Move Toward the Life You Were Meant to Live, an easy to read and easy to implement book that will truly make a difference in your life. It is compassionate, humorous, warm and, most of all, inspiring. It's rare that readers can pick up a book and instantly make positive changes in

their lives, and this is one of those books. Do yourself a favor and buy it today!" ~Jack Canfield, Co-Author of Chicken Soup for the Soul

"GRACE TRAIL... is a superb book that lays out a great way for readers to understand and utilize [Anne Barry Jolles's] method for making their lives better... With charming and helpful illustrations, readers can visualize their progress. This author suggests a variety of ways the reader can benefit from this way of life, teaching through a variety of styles and techniques... Because Jolles speaks from a place of truth, her authentic voice will cause readers to believe her, and to feel confident in using her technique... Overall, GRACE TRAIL is a wonderful book, and an excellent entry into the genre." ~Judge, 24th Annual Writer's Digest Self-Published Book Awards

"To have the Grace Trail concept laid out in such a structure for others to follow, to study, to absorb, all in one place is a gift... The discovery of self-realization is magic. Don't be afraid to look for it, to let it find you." ~Paul E. Kandarian, actor and writer for the Boston Globe and Rhode Island Monthly

"Readers of Grace Trail will learn to face life with hope and resiliency...in this compassionate and light-hearted book." ~ Loretta LaRoche, best-selling author, humorist, and stress expert

Top 10 Inspiring Books List, May 2017.~ Aspire Magazine

"To have the Grace Trail concept laid out in such a structure for others to follow, to study, to absorb, all in one place is a gift... The discovery of self-realization is magic. Don't be afraid to look for it, to let it find you." Paul E. Kandarian, actor and writer for the Boston Globe and Rhode Island Monthly

"Readers of Grace Trail will learn to face life with hope and resiliency...in this compassionate and light-hearted book." Loretta LaRoche, best-selling author, humorist, and stress expert

"If you love my "Chicken Soup for the Soul" books, you will love "Grace Trail: Find Your Footing and Move Toward the Life You Were Meant to Live," by my friend, Anne Jolles. I just finished reading it and I had to share it with you, because it works. If you are looking for an easy to read and easy to implement book that will truly make a difference in your life, Grace Trail is a must-read book. It is compassionate, humorous, warm and, most of all, inspiring. Anne is an award-winning life coach who has faced a lot of life challenges. To help her cope with the worry of having a son in combat in Afghanistan, she came up with the Grace Trail concept. Since then, thousands have used the five easy steps posed by "Grace" (an acronym) to walk off their worries and access hope. It's rare that readers can pick up a book and instantly make positive changes in their lives, and Grace Trail: Find Your Footing and Move Toward the Life You Were Meant to Live is one of those books. Do yourself a favor and buy it today!" Jack Canfield, Co-Author of Chicken Soup for the Soul(R)

Anne Barry Jolles has walked the walk. As an award-winning life coach, author, and speaker who has experienced and survived many life challenges, she has taken her life lessons and woven them

into the latest research and literature, sharing practical, heart-warming, simple steps toward resiliency and hope – one step at a time.

I sat down this morning to read a couple of chapters of Grace Trail by Anne Barry Jolles and ended up reading it from beginning to end in one sitting. Needless to say, this gem of a read and roadmap for personal fulfillment really grabbed me. I thoroughly enjoyed and engaged with what Anne has put forth here as her vision for making the best life possible through the simple (not easy) but powerful grace trail process. Seeing grace as an unexpected gift requiring no repayment reminds me of the times when I have seen and embraced its presence in my own life. I so appreciate the reminder. Even more so I appreciate the opportunity to use the process so beautifully written to sort out the challenges that life presents. This is a great read and even better guide. Bravo! Mary Nagel, MSW, MBA

If what you are currently doing to have a fulfilling and passionate life isn't working for you then the Grace Trail is for you. Walk the trail, ask yourself the questions and be ready for the universe to respond in a profound way. Anne Jolles has created this simple, contemplative walk to help you get out of your head and into your soul. This quick read will help you to get out of your own way and experience the A-ha moment you have been searching for. Whatever you've been through and the mystery as to where you are going, The Grace Trail will help you get there! A must read and a great walk no matter where you are. Create your own or come to Plymouth, MA and walk the original Grace Trail. You will always have a friend on the trail!

I truly enjoyed this book. I loved the positive tone throughout the book. Wherever you are in your life, you will connect with this book and ask yourself some very thoughtful and important questions to make your everyday life more meaningful! Loved how it made me more grateful every day! It is a great book to share with people you truly care about and a book to read again and always walk away with some new "wins" in your life. Looking forward to visiting the Grace Trail in Plymouth.

Everyone needs a roadmap. no matter what the destination is. We end up lost without one. That is what Grace Trail is, a Beautiful roadmap to Grace. I loved everything about this book. I have always believed that gratitude was my trail to grace but now I see it is just the first step and that GRACE is available to ALL of us. The book was an easy read, which I love. I highly recommend Grace Trail.

Grace Trail is a easy read that everyone should read. I use these simple tips in my everyday life. I share the quotes with friends and family . I would encourage anyone to read this and you will find yourself using the simple guide to GRACE over and over. My children are in there thirty's I given them the book they read it and have shared with there friends. It will make a rough day better its all the way you look at the day and react tomorrow will be better. Do yourself a favor read Grace Trail, start 2017 out right. Trust me.

I have a fast paced life and this process allows me to quickly move thru my daily stressors. Some days I run through the GRATITUDE, RELEASE, ACCEPT, CHALLENGE, AND EMBRACE process just once and other days I use this process whenever life overwhelms me. I can use the GRACE PROCESS and spend as little as one to twenty minutes working through it, or I can use the process as I journal at the end of my day. Anne's ideas are insightful and fun to read! Reading her book certainly gets one's creative juices flowing. I just love how this quick process has helped me to work through my daily challenges and simplify my life. If you should get the chance to meet Anne Jolles in person, you will see she embodies the words she writes and lives them out daily with JOY!

very uplifting book,I felt so related to many of the stories.I have marked many of the pages that has inspired me,motivated me to walk "Grace Trail"..I plan on making my own board "Words of Wisdom" from the many ideas from this book,I can read these words before I start my day and before I go to sleep..Also practice by walking the talk.I knew as soon as I saw this book,it had my name on it.Very refreshing! My 10 yr old granddaughter writing inspirational messages on rocks while on live video showing her friends what she is doing.

This book was a fast read for me but made a huge impact. When I feel anxious I am able to calm my self using the tools that Anne has given us through the Grace Trail. It was well written with many stories about Anne that made me feel like she was hanging out with me telling them. I highly recommend The Grace Trail to fellow readers. It's not a self help book but a book that helps you see more clearly.

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