



# One Month to Live: Thirty Days to a No-Regrets Life

Kerry Shook, Chris Shook

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### One Month to Live: Thirty Days to a No-Regrets Life

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One Month to Live: Thirty Days to a No-Regrets Life Kerry Shook, Chris Shook Take the 30-Days to Live Challenge!

What if you only had one month to live? How would you make each day meaningful? How would you relate to others differently? What would you do to make the rest of your life *really* matter?

With eye-opening insights and soul-inspiring truths, *One Month to Live* will challenge you to embrace the life God has entrusted to you and you alone, and to live it out moment by moment with wholehearted authenticity, honesty, and integrity.

Each chapter overflows with inspiring quotations, colorful true stories, and questions for reflection. The four sections, which can be read over four weeks, help you examine the core areas inside you that long to be exercised and expressed: how you're made to live passionately, love boldly, learn from your mistakes, and leave a legacy that endures for generations after you're gone. Complete with uplifting action points, each of the thirty chapters— one per day in a life-changing month—offers you fresh strategies for overcoming habits that mire you in mediocrity.

Open yourself to the challenge of embracing your mortality and being empowered to live each day engaged in being fully alive.

From the Hardcover edition.



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