

Publisher's Note

You can feel the passion and commitment in every word Brendan Coates writes in *#30daychallenge – To a Healthier, Happier, Stronger You*. You know Brendan cares and wants the best for you and believes in you even when you might not. It's been my lifelong experience being mentored and being a mentor, that these are the most valuable qualities you can have in someone that is guiding you on your life path.

There is infinite potential in each and every one of us. Surrounding yourself with individuals like Brendan will help you realize the many possibilities that lie within you, almost regardless of your goals.

It's been a pleasure working with Brendan to bring his first book to life. Don't let the condensed number of pages fool you. *#30daychallenge* is brimming with encouragement, great insights, and expertise. At the same time, it makes positive healthy change palatable, and keeps the door open for you to dig a little deeper and learn more when you're ready.

I anticipate that this is just the beginning for Brendan Coates, and our team at I C Publishing wish him very well in his future endeavours.

Sheri Andrunyk
Publisher, Author, Mentor, Speaker
Insightful Communications (I C) Publishing
Committed to Quality Content, Design, and Platform

ICPublishing.ca / ICBookstore.ca