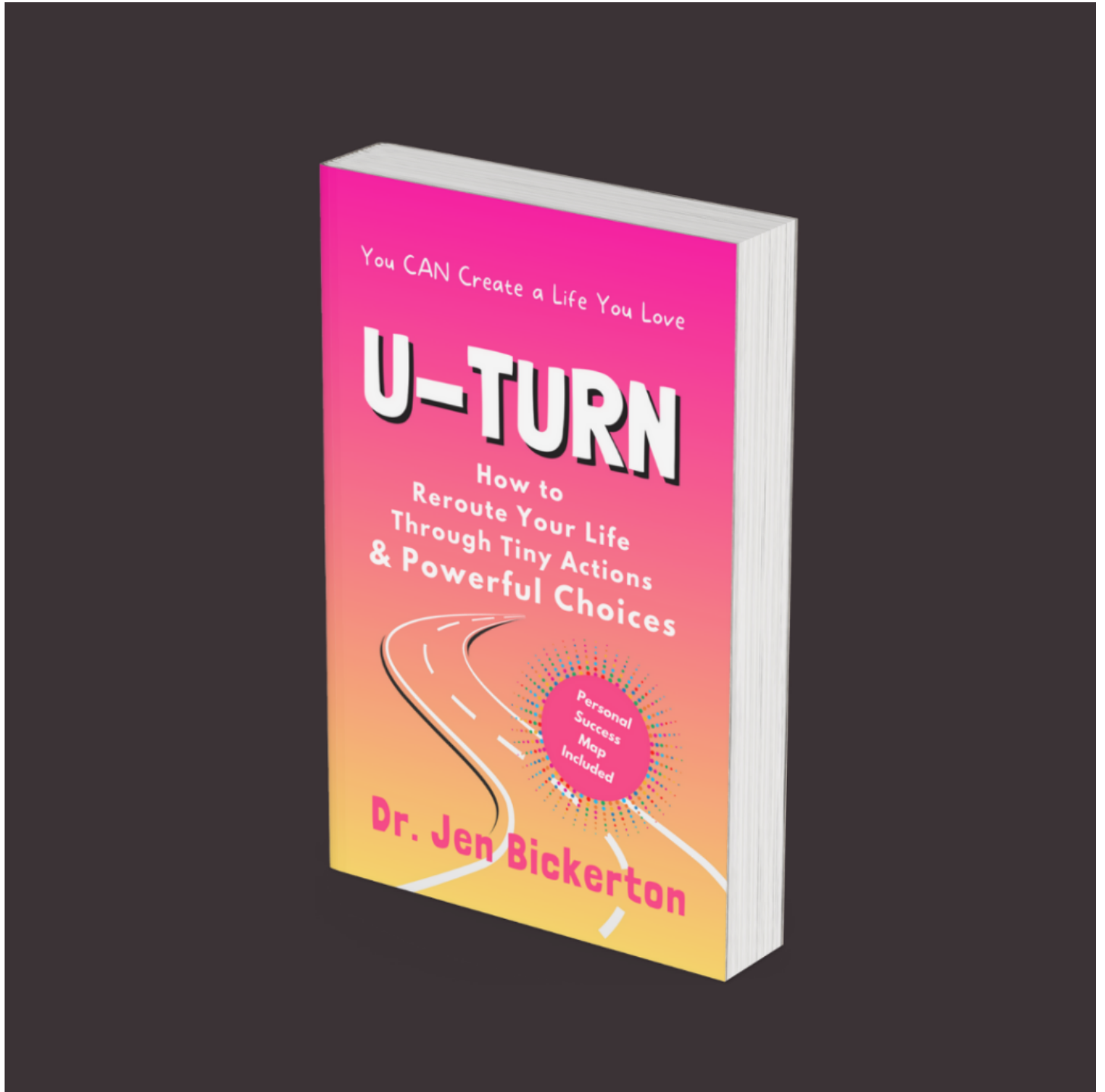


## Ready to Make a U-Turn in 2025? New Book Release by Dr. Jen Bickerton

U-Turn: How to Reroute Your Life Through Tiny Actions & Powerful Choices



**Land O'Lakes, Florida Dec 31, 2024 ([IssueWire.com](http://IssueWire.com))** - As the New Year approaches, millions of people are reflecting on their lives, yearning for change, and setting resolutions. But how many of those resolutions actually stick? Enter *U-Turn*, the groundbreaking new book by Dr. Jen Bickerton, DC, MS, a Certified Professional Life & Happiness Coach, who believes real transformation starts with tiny actions and powerful choices.

Releasing just in time for your New Year's reset, *U-Turn* offers a step-by-step roadmap to help you stop, reflect, and reroute your life toward a destination you truly love. [Available as a Kindle eBook and paperback on Amazon](#), *U-Turn* is the ultimate compass for embracing a fresh start in 2025.

### **Discover the SWIFT Route to Success**

With her signature SWIFT route method, Dr. Bickerton guides readers through stopping the chaos, clarifying their desires, reevaluating their values, and forgiving the past to focus on the future. Packed with heartfelt anecdotes, practical exercises, and affirmations, this book helps readers align their beliefs, values, and mindsets to achieve health, happiness, and success.

### **Why This Book Matters Now**

We all feel stuck sometimes, whether due to financial struggles, health challenges, or emotional stress. Dr. Bickerton shares her own journey from sadness and illness to purpose and abundance, proving that change is possible for anyone willing to take consistent, tiny actions. This book is a roadmap for people craving clarity for driving change in their lives.

### **A Perfect Companion for Your New Year's Resolutions**

Kick off 2025 with tools that work. Instead of setting vague goals, use *U-Turn* to create actionable strategies that lead to lasting success. As Dr. Bickerton writes, "The thoughts you think today are the reality you live tomorrow."

### **Connect With the Author**

Dr. Jen Bickerton believes in greater possibilities for everyone, and her goal is to inspire others to take control of their lives and make positive changes. You can join her in the [Conquer Your Reality Facebook Group](#).

### **Order Your Copy Today**

Don't wait for life to change on its own—make your U-Turn now. *U-Turn: How to Reroute Your Life Through Tiny Actions & Powerful Choices* is available on Amazon in Kindle eBook format and Paperback. Start 2025 with the tools you need to turn your resolutions into reality. <https://u-turnbook.com/>



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Source : Jen Bickerton

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