

PRESS for 30 Days In A Life, by Jannel Rap

“The third day of writing this book my brother’s 16 year old son was killed in a tragic car accident. The pain from that situation found its way into my writings. My original inspiration was to be about the “warriors” I have met on the road to finding Gina. The book is not so much about the “warriors” as the path of one “warrior in the making,” me. Anyone who stands up where they fall and walks forward taking advantage of the bad thing-their pain not only has the makings of a “warrior,” but creates the potential of one of the most empowering lessons of their lives. It’s not always easy...but standing up, shaking yourself off and walking forward is always the way.”

--Jannel Rap

In *30 Days In A Life*, Jannel Rap states that her intention is to write about “warriors”. What she ended up writing, in fact, is *The Warrior’s Manual*. Jannel talks openly and freely, exposing her vulnerability to teach us not why we should be warriors, not how to be warriors, but what it means to be a warrior. While many books out in the world profess to show us the path, guide us on the journey, lead us to enlightenment, they leave us without the most important piece of information – how their information can be applied to our own lives. Jannel has shown us what to expect; pain and joy, challenges and success, weakness and strength, and of course loss and gain. Jannel Rap has proven she is indeed the warrior of warriors, and *30 Days In A Life* is mandatory reading for anyone aspiring to a path, a journey, enlightenment or warrior-dom.

Duane Bowers

Internet Radio Host – “Let’s Talk It Through”

Author – *Guiding Your Family Through Loss and Grief*

A Child Is Missing: Providing support for families of missing children.

What can you say about a person who takes their own tragic situation and uses it to create a better world and benefits for thousands of people she may never meet? All who suffer from the same tragedy? In each lifetime there are a handful people that truly make a difference. Jannel is one of those people in our lifetime.

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