

MY LIST, MY RULES: THE YEAR A CHECKLIST CHANGED MY LIFE SYNOPSIS

Raw. Riveting. Real.

Convinced that loneliness would be her lifelong companion, Angie Counios was struggling to find a way forward. Then she made a decision that changed her life: she vowed to undertake 101 challenges over the next year.

Completing those challenges—ranging from frivolous to fulfilling to downright formidable — led Angie to the life-altering discovery that the Universe has far more to share than she ever could have imagined.