





## 30 Days

An unscripted, documentary-style program where an individual is inserted into a lifestyle that is completely different from his or her upbringing, beliefs, religion or profession for 30 days. (N/A USA)

Awards: 4 wins & 4 nominations.

Writer(s): Morgan Spurlock

Director(s): N/A

[Morgan Spurlock](#)

*released: 15 Jun 2005*

*length: 60 min*

*language: English*

*year: 2005–2008*

[Documentary](#) [Reality-TV](#)

## Movie DB Rating



## 1 Reviews

**Cameo** says: *From the mind behind the Supersize Me documentary, Morgan Spurlock enlists others (& occasionally himself) to try living in a new way that challenges them for 30 days in order to see a different perspective & confront their own biases. Often insightful & usually it ends up leaving everyone with entirely new views then they had before. The episode on illegal immigrants seems especially important these days & I feel like it might open some hearts & change some minds if people gave it a chance.*

