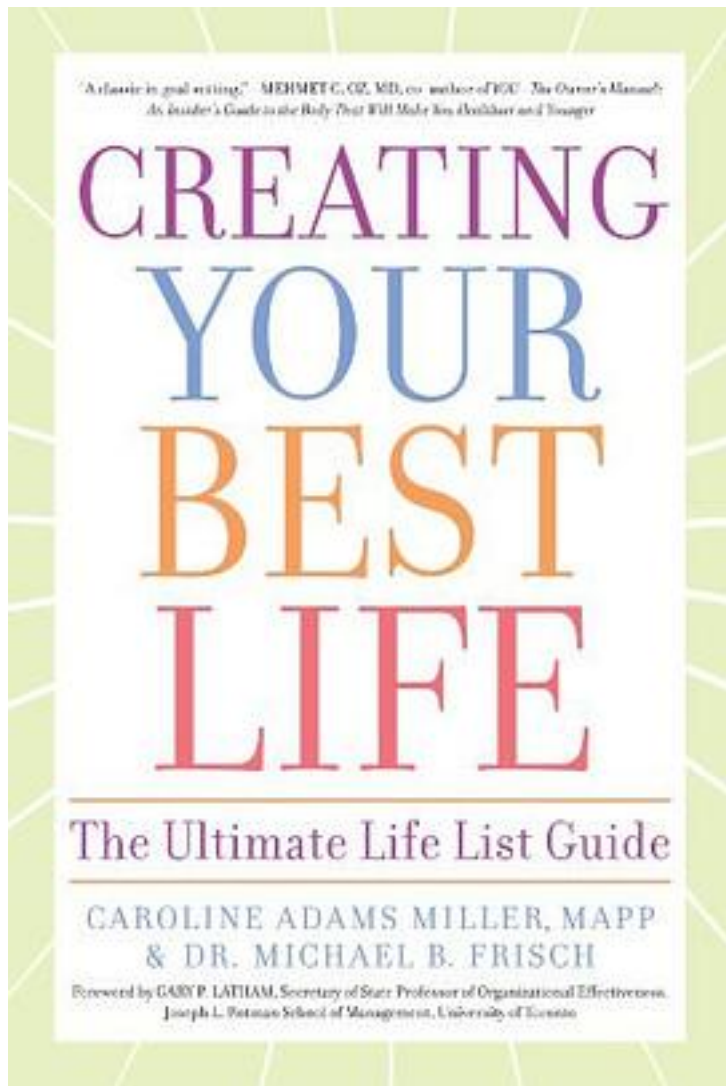


Creating Your Best Life



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"Creating Your Best Life" supplies dozens of interactive exercises and quizzes readers can use to identify their most cherished needs, ambitions, and wishes. The exercises are fun, making the process of self-discovery enjoyable and productive. The authors' unique 'life list coaching' programme organises life lists into 16 key areas that are universally known to make people happy - to help you actually achieve your aspirations. No other life list book offers research-validated information on why certain steps matter in goal accomplishment, or even how goals are connected with any type of life satisfaction. Readers will feel both educated and inspired to start writing goal-setting lists in order to live their lives more consciously, productively and happily.

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