

[PDF] Creating Your Best Life: The Ultimate Life List Guide

Caroline Adams Miller MAPP, Dr. Michael B. Frisch - pdf download free book

Books Details:

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Description:

From Publishers Weekly Starred Review. Life coach Miller collaborates with Frisch, a researcher and clinical psychologist, to create a fascinating book that connects the research on goal-setting with the new science of positive psychology. Turns out these two have a symbiotic relationship, for as Miller says, [H]appiness requires having clear-cut goals in life that give us a sense of purpose and direction.... when we make progress toward attaining goals in one area of life, we raise our overall life satisfaction in other areas because of the 'spillover' effect. Each chapter focuses on ways to increase happiness and self-efficacy, and directs readers to a particular life list at the back of the book. These range from 100 Things to Do Before I Die to a list of mood-boosters that bring Jolts of

Joy or a Web of Influence Map, where readers can chart how the closest people in their lives reflect their values; research indicates that rates of obesity and smoking are determined by who we socialize with. The authors share ingenious tips on reminders (cellphone ring tones, screen savers) that will help readers achieve long-term goals by suggestion. An excellent resource list rounds out the book. (*Jan.*)

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Review Instead of making New Year's resolutions, it may be more beneficial to assemble a goal-setting list. So believe positive psychologist/life coach Miller and clinical psychologist Frisch (Baylor Univ.), who have put together dozens of interactive exercises and assessments to guide readers in self-discovery and life-list creation. Whether or not readers follow through with every assignment, they will undoubtedly be inspired to think about goals and live more consciously and productively. Recommended for all libraries. --Library Journal --This text refers to an out of print or unavailable edition of this title.

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