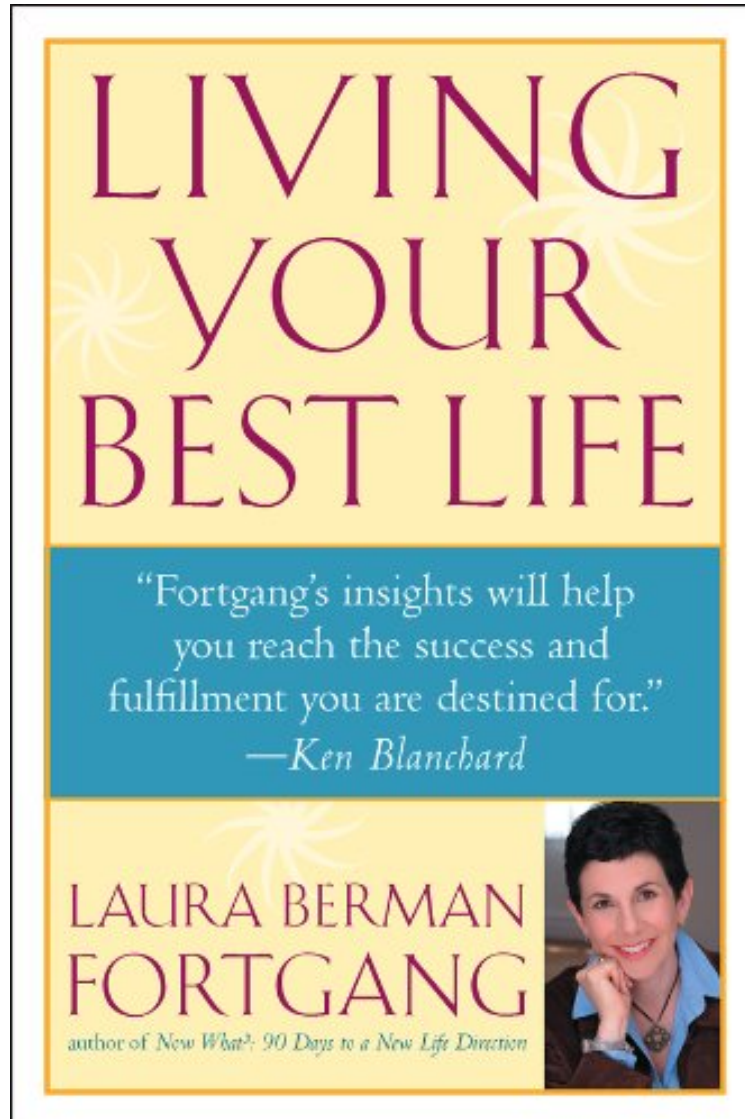


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Living Your Best Life: Discover Your Life's Blueprint for Success

Laura Berman Fortgang

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Laura Berman Fortgang : Living Your Best Life: Discover Your Life's Blueprint for Success before purchasing it in order to gauge whether or not it would be worth my time, and all praised Living Your Best Life: Discover Your Life's Blueprint for Success:

0 of 0 people found the following review helpful. Five StarsBy schoonomeVery helpful39 of 39 people found the following review helpful. Wisdom SpeaksBy Tracy Robert"Living Your Best Life" is a practical guide on discovering what you want while presenting the skills it will take to get it. The foundation of the book is the belief that each person has their own innate wisdom that can be used as a resource. Once you have tapped into that resource, a change in attitude and perspective can help you create the life your wise self desires.I purchased this book as an informational

companion to my role as a coaching client. As someone in the midst of many personal and professional decisions, I found the client success examples illustrating each idea to be energizing and inspiring. Fortgang's perspective is a breath of fresh air in a world that tells you to push for your goals. Fortgang supports allowing your innate wisdom to pull you toward your passion and purpose. "Living Your Best Life" is not about making lists, or even making plans. It is about knowing what you really want in life, instead of what you think you can have. It is about being who you are so you can do what you are meant to do in order to live your best life. 0 of 0 people found the following review helpful. Five Stars By JoanBook received in excellent condition. Still reading it. Good direction.

Being happy doesn't have to be hard, says prominent personal coach Laura Berman Fortgang. We each possess an internal compass that expresses our individual wisdom and points to the things that would most fulfill us. Personal and professional satisfaction, Fortgang believes, comes from tapping into this wisdom. In *Living Your Best Life*, she offers ten tried-and-true strategies that help us to access our own inner knowledge to achieve what she calls a "best life"-a life that awaits all of us, in which gains come more easily because we've learned to honor our true desires and work with our individual talents rather than exhausting our energy on a traditional model of achievement. Her techniques focus on asking ourselves what we really want instead of frenetically trying to "have it all." We learn to ask questions that move us forward, not backward, to discover our own unique "lucrative purpose," and to design a "magnet" life plan that draws to us the more rewarding existence we deserve.

From Library Journal.com, believes that an intuitive approach is the best way to get to one's "happy place" in work as in life. She advocates a "Reckoning, Doing, and Being" process, where "Reckoning" is learning cognitive tricks to decrease negative thoughts; "Doing" is coming up with and carrying out action plans; and "Being" is identifying and working with intuitive processes. Also like Whyte, Fortgang's approach is a variation on the "Do what you love and the money will follow" philosophy. Unlike Whyte, however, Fortgang doesn't weave a prose poem for readers to meander through; instead, she offers practical exercises and checklists, dos and don'ts, and, despite her sometimes New-Agey ideals, very concrete methods that readers can use to change their lives. She points out that people don't often know what will make them happy (a fact that a lot of self-help books ignore), and she gives suggestions on how to identify exactly what that certain something might be. For all public libraries. Copyright 2001 Reed Business Information, Inc. "Laura Berman Fortgang will help you reach the success and fulfillment you are destined for." --Ken Blanchard "Beware-this thought-provoking book will put you on a one-way path to a more creative and fulfilling life." --Kyle MacLachlan "Fortgang generously offers glorious, refreshing guidance to help us each find our unique path in life." --Jennifer Loudon, author of *The Woman's Comfort Book* "Fortgang's Wisdom Access Questions have the makings of brilliance-simple, easy to use, hugely effective, and humbly obvious." --Judy George, founder and CEO, Domain "Laura helps you organize information... so you can move your life forward in positive ways. I can't recommend this enough!" --Julia Sweeney Praise for WHAT NOW?... "This is it--a turbocharged, high-energy, stripped-to-the-core distillation of key insights and practices to truly move you forward. After reading Laura's loving and potent guidance, you can't help creating the life you yearn for." --Jennifer Loudon, author of *Comfort Secrets for Busy Women* "If this book delivers just ten percent of the power of Laura's coaching, it will be worth thousands of times the price." --Mark Bryan, co-author of *THE ARTIST'S WAY AT WORK* "We all need to plug into an energy source for our lives and once you plug into Laura Berman Fortgang and *Now What?* you will be electrified and raring to go. Listen to what she has to say and you will move your life to new heights." --Iyanla Vanzant "Thinking of making a big change in how you make a living--or how you live your life? Having trouble getting started? This wise, honest and practical book can help you figure out what may be holding you back, and where to go from here. I'm recommending it to everyone I know. Great stuff!" --Anne Fisher, FORTUNE About the Author Laura Berman Fortgang is a nationally renowned speaker and life coach, helping individuals, small businesses, and corporations forge new directions and weather change. Recently ordained as an Interfaith Minister, she lives in Montclair, New Jersey.