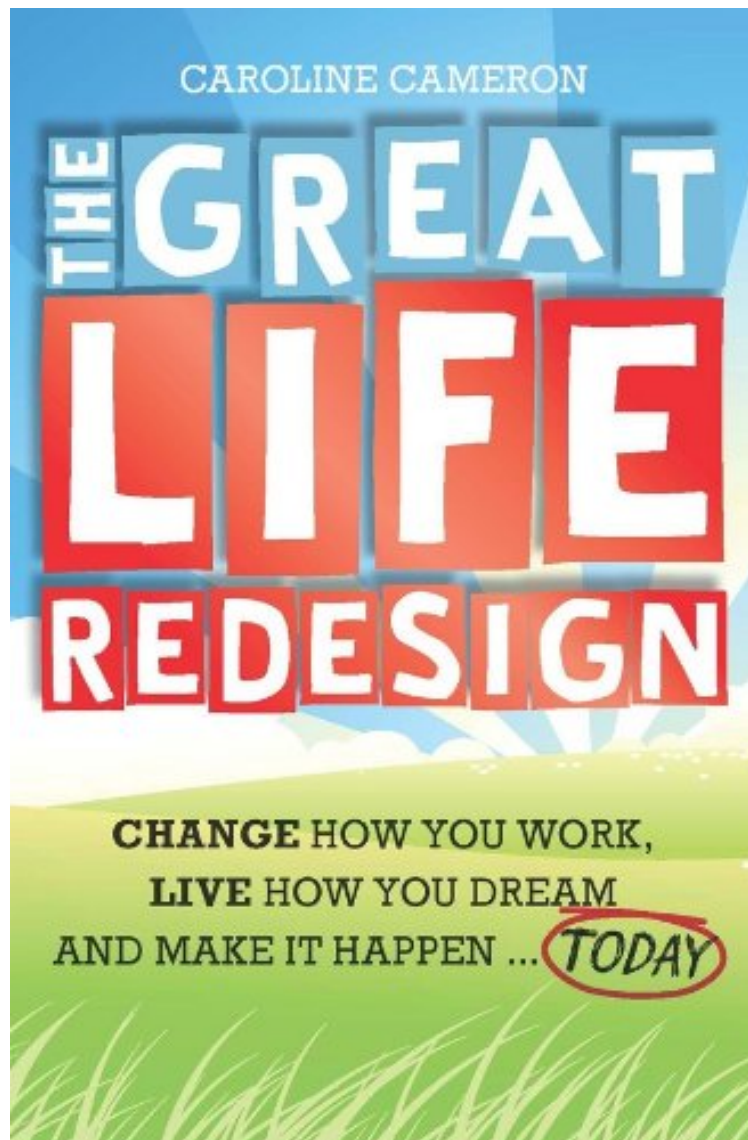


(Ebook free) The Great Life Redesign: Change How You Work, Live How You Dream and Make It Happen ... Today

The Great Life Redesign: Change How You Work, Live How You Dream and Make It Happen ... Today

Caroline Cameron

ePub | *DOC | audiobook | ebooks | Download PDF



 Download

 Read Online

#1980703 in eBooks 2011-11-18 2011-11-18 File Name: B006TKIB92 | File size: 35.Mb

Caroline Cameron : The Great Life Redesign: Change How You Work, Live How You Dream and Make It Happen ... Today before purchasing it in order to gage whether or not it would be worth my time, and all praised The Great Life Redesign: Change How You Work, Live How You Dream and Make It Happen ... Today:

0 of 0 people found the following review helpful. not so hotBy ladystratfordI bought it because the reviews were good, but this book didn't work so well for me. I found it overly simplistic, with the content a bit shallow. The steps and

processes prescribed may be useful, but I've encountered more thoughtful descriptions of how to apply these same ideas to your life. Take, for instance, the authors exercise to identify your values. Values are described in a few paragraphs, then a list of common values is presented to help prompt ideas. However, items which I wouldn't consider to be a value (eg, 'animals') appear on the list, and there is little discussion about what it might mean to hold, interpret, or act in accordance with different values. I much preferred *The Happiness Trap*, for instance, which covers the meaning and application of its main concepts in much more detail. With this book I feel like I'm being sold common sense, formatted into a list of observations and steps, rather than life changing insight. Interested to see how others find it, so post your reviews!

3 of 3 people found the following review helpful. Great book full of practical advice

By Cathy
This book is full of practical and realistic advice for anyone wanting to make a BIG change in their life. Caroline takes you through her method ensuring you "eat the elephant one bite at a time". Each chapter has practical and easy steps with case studies to ensure you follow your dream and are true to yourself. Worth buying for anyone who is unhappy with their life and needs that kick in the pants to change their life.

0 of 0 people found the following review helpful. A stand out of self help books

By George Andrysik
Easy to relate to, inspiring real life stories and practical advice tools are what make this book stand out from the crowd of self help books. I particularly liked the simple life repairs and room by room renovations to revamp your "current" life - it doesn't always have to be a significant life change. I found the book to have some unexpected detours, which occasionally threw my momentum but provided another perspective or tool for the tool kit.

Never before have Australians worked so hard yet felt so unhappy. With anxiety rising at unprecedented levels, now is the time to stop and consider whether there could be another way to live. We renovate our houses, but what about our lives? *The Great Life Redesign* is an inspirational yet practical guidebook to help you reshape the life you have to create one you'll love.

The Great Life Redesign is an inspiring guidebook to help you reshape the life you have to create one you'll love. The practical, simple to apply techniques and inspiring personal stories included in this book will show you how.

Learn the secrets of one-on-one coaching with Caroline Cameron, an executive, career and lifestyle coach. Based on her experiences working with hundreds of professionals across Australia and beyond, she steps you through the process of designing a blue print for the life you really want.

Key features:
Helps the reader to create a blue print for making real and actionable change, including career, relationships, wealth and finances, health, home, personal growth, environment, leisure and spirituality.
Use to instantly repair parts of your life that could be better or as a step-by-step plan for a major life renovation.
Includes practical, simple to apply techniques and inspiring personal stories
Written for professionals, middle income, burnt-out city slickers, corporate refugees, disillusioned 30-somethings, mid life crisis sufferers, baby boomers whose super and retirement dreams evaporated in the GFC, dedicated parents who want the best for their kids, and anyone who suspects that there's more to life but don't know what it is or how to get it.

"A surprisingly helpful self-help book. Common sense is Cameron's MO and she provides sensible advice on how to deal with a life change that makes sense".
Stephen Matchett, *The Deal*, *The Australian Business Magazine*.

From the Author
After years of pounding the corporate treadmill, struggling to make ends meet and noticing that everyone around me seemed to be doing it tough, I decided there had to be a better way. So I set out to discover these secrets to making life easier and more fulfilling. Fast forward 7 years and 4 major lifestyle changes later and I've finally cracked the code! Today I run a successful coaching business, work the hours I choose being paid to do what I love, travel to exciting places and spend time with special people. Better still, I've fine-tuned the life change process which means any future changes will be even quicker and easier to make. When I was approached by John Wiley Sons (publisher) to write this book, my goal was to help people make the life they have even better and create the future they want. Life's too short to not be living it your way. We often avoid making changes to our lives out of fear that it won't work out the way we dream and imagine. This book removes the excuses you've been making for years, replacing them with powerful beliefs, tools and techniques you can apply straight away. Whilst researching the book, it was a great privilege to interview many other successful life redesigners to find out just how they did it. I discovered how we got into the mess we're in on the 21st century treadmill (no, it's not your fault!) and identified the difference between those who are resigned to letting life happen and those who take control of their own destiny. When you finally crack the code to living a life of freedom and choice, it opens up amazing opportunities to make a difference to something that really matters to you. It's my hope that readers will take action (this isn't a book you stick on the shelf to gather dust) and show others how to successfully redesign their lives. I call this 'paying it forward' - the most powerful way to make your life count for something. Together we can set many more people free to live the life they choose and make a real difference to what they care deeply about. I'd love to hear your feedback and great life redesign ideas and experiences so please, post a review, tell your friends about it and enjoy every minute of your one short, precious life. Carpe Diem!

Caroline
From the Inside Flap
Contents
About the author... vii
Acknowledgements... ix
Introduction... xi
Part I: The 21st-century dilemma -- how we got to where we are... 11
Living life on the 21st-century treadmill... 32
Your choices: do nothing, fight or break

free... 173 Why now is the best time to redesign your life... 27Part II:Renovation rescue -- revamping the life you have... 394 Have you got the Burnout Blues?... 415 Knocking down the walls... 516 Simple life repairs... 657 Room by room renovations... 778 Watertight living... 97Part III:Creating a new life design -- putting the change wheel in motion... 1079 How to know when it's time to go... 10910 What to include in your redesigned life... 12311 Getting from here to there... 13512 Crunching the numbers... 14713 Design disasters and how to avoid them... 167Part IV:From design to reality -- you're on your way... 17914 Break free and get going!... 18115 Riding the redesign rollercoaster... 19116 How to manage 'Are you serious?!' and other reactions... 20317 What's around the corner?... 21318 Goodbye old life... 223Part V:Living your great life -- loving your new reality... 23319 You've arrived ... now what?... 23520 What you've really achieved... 24521 Inspiring designs and personal success stories... 255Redesign wrapup... 269Further references for your toolkit... 273Index... 283