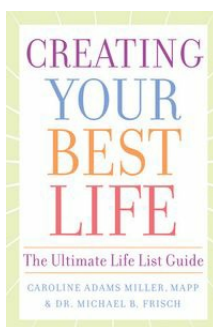


CREATING YOUR BEST LIFE: THE ULTIMATE LIFE LIST GUIDE

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Reader's Opinions

This book was fantastic! It really hits the nail on the head in terms of positive psychology and making your life more meaningful. I highly recommend it!

Way too bloated a book, but I did take the author's advice to build a 100-item list and use that to shake free of some mentally sedentary thinking.