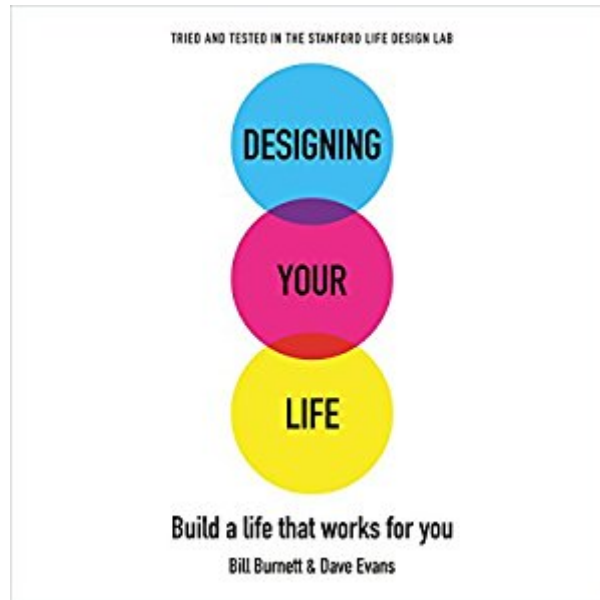


The book was found

Designing Your Life



Synopsis

Whether you're 20, 40, 60 or older, many of us are still looking for an answer to that perennial question: 'what do I want to be when I grow up?' In *Designing Your Life*, Silicon Valley design innovators Bill Burnett and Dave Evans use their expertise to help you work out what you want - and how to get it. Their phenomenally successful Life Design course has been tried and tested by thousands of people, from students to midcareer professionals to retirees contemplating whole new futures. Now in audiobook form, their simple method will teach you how to use basic design tools to create a life that will work for you. Using lots of real-life stories and proven techniques like reframing, prototyping and mind-mapping, you will learn how to build your way forwards, step by positive step, to a life that's better by a design of your own making. Because a well-designed life means a life well lived.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 18 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audiobooks

Audible.com Release Date: September 15, 2016

Language: English

ASIN: B01KU7G6CI

Best Sellers Rank: #55 in Books > Medical Books > Psychology > Movements > Cognitive

Behavioral Therapy #234 in Books > Audible Audiobooks > Business & Investing > Careers

#565 in Books > Business & Money > Job Hunting & Careers > Job Hunting

Customer Reviews

Excellent book. Practical, helpful and very easy to read. This was just what I wanted to assist me to plan new goals in my life and to refocus on my priorities. The practical exercises and materials are particularly helpful. Highly recommended.

I got this book for my 25yrs old daughter that was feeling stuck after her post graduate degree from an Ivy League University. She was in need of a jump start to the rest of her life! Very happy with the results

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