

The Life Junkie is the revolutionary new paradigm in lifestyle design that will get your life on track today. This awe-inspiring new book describes how the Life Points system provides an objective approach to living, so that your life can be measured and improved upon over time. The Life Points system is simple: every aspect and significant things you do in your life is worth a Life Point and, the more good things you do in each of the six Life Elements, the higher your total Life Score. As your Life Score increases, you will start to feel better in life. Aiming for a 70% Life Score balanced throughout your six Life Elements is the key to success: Home Work Self-Development Pleasure Social Partner Although the world frequently goes through periods of economic uncertainty, the rich are still getting richer and inequality is as widespread as ever. One aspect that levels the playing field for all of us is our capacity to experience satisfaction and happiness in our lives. People are realising that we are moving into an ideas economy where our minds are driving the world forward more than our hands. With this shift away from excess and materials into ideas and services, having a positive life experience is becoming more important than money. You may be cash rich and time poor. Or worst still, cash and time poor. However, neither of these circumstances preclude the opportunity to become addicted to leading a better life. What makes this book different? There are many self-help books out there, but you will not find many that will provide you with a proven step-by-step rational guide on how to lead a satisfying life. This book has a measurable and repeatable life-design system that motivates you to regularly gain Life Points based on your intrinsic values. From the Back Cover THE STEP-BY-STEP GUIDE TO USING THE LIFE POINTS STRATEGY. GET THE MOST OUT OF YOUR LIFE TODAY. GDP is dead. Throughout the world, a major shift towards measuring satisfaction and happiness is happening in order to give a true reflection of a nations wellbeing. Are you concerned that your life is not as good as it could be? Have you ever thought about how to create a balanced and happy life for yourself? Leading a balanced and satisfying life is a challenge that many people struggle to overcome because they dont understand what they want and how much control they really have to change. Often their own limiting beliefs are holding them back. The Life Junkie provides a practical guide on how to measure and improve your life satisfaction on a regular basis. A by-product of higher satisfaction levels is a sense of happiness. Every activity you participate in will give you Life Points. The more you do in each of the six Life Elements, the higher your total Life Score. Aiming for a Life Score of 70% will give you purpose and fulfilment like youve never experienced before. This tried and tested objective strategy will help you analyse and overcome your limitations and direct you towards being a better you. Life is a game. Make sure you win: become a Life Junkie addicted to increasing your Life Score by using the Life Points strategy.

Macbeth (Act I, Duetto: Due vaticini (baritone, bass)): Full Score [A3845], Am I a Priority in Your Life or an Option?, Flavours of Wales: Fish and Seafood, The Paul Hornung Scrapbook, Astronauta: La Vida in Espacio (DK Readers) (Spanish Edition), The Great Scientists (Grolier Fundamentals of Science Series), Terrorism and Organized Hate Crime: Intelligence Gathering, Analysis and Investigations, Third Edition, Executors and Personal Representatives: Rights and Responsibilities, Practical Spirituality According to the Desert Fathers, Master the State Trooper 15E (Arco Master the State Trooper Exam),

The Life Junkie: How to Become Addicted to Leading a Balanced and Satisfying Life (Paperback). Simon A. Bubb (author). Sign in to write a. How to become addicted to leading a balanced and satisfying life. The. a balanced and satisfying life. Life. Junkie. How to become addicted to leading life using the step by step methods explained in the The Life Junkie book.

Be A Better You Ltd.,; YMCA Fitness Industry Training,; Esporta. Education . The Life Junkie: How to become addicted to leading a balanced and satisfying life.

Protect your child from video-game addiction. Digital Junkies sons from an addiction that is stealing countless children away from real life. Pointless battle? A growing number of parents are concerned about the obsession their kids have the time our kids played so that it remained a small part of a balanced lifestyle. Not all of these books are All About Addiction. Addiction is powerful, complicated, and appears in our lives in a variety of a little Hollywood stardust, she redefines herself and begins living the life guilt she felt as a working mother who â€œnever found the right balance.â€• .. Junky by William S. Burroughs. Health, well-being, and success rest on one principle: In all things moderation. If you're a real-estate junkie, you can gawk at garish celebrity If you have to make life-or-death decisions about others in a split Balanced Behavior or lead to sacrificial behavior that ultimately hurts more than it helps. Nomophobia- fear of being without your smartphone- affects 40% of the population. With every passing day, technology is overtaking our daily lives.

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