



## Life .There s an App for That: Program Your Mind. Change Your Life

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By Jw Festini

Balboa Press, United States, 2015. Paperback. Book Condition: New. Reprint. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Written in the form of a technical manual, the book share s the author s thoughts and personal experience in a relaxed and conversational manner, easily understood by young people today. When we are children, we are filled with imagination, but as we get older, we lose the ability to dream. How many times have we heard well-meaning adults tell us Stop daydreaming and get to work. For most people, this leads to an unfulfilled life, and questions like Why am I here? or Where am I going? are either asked too late or not at all. The book likens our life journey to the apps that are installed on computers. The well-worn phrase There s an app for that inspired the author to imagine what it would be like if we could create apps for our life. This is a modern self-help book also based in reality. The author shares how he and others weathered the Great Recession and other obstacles with the help of the Starting Over app. In order to help guide the...

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