



# Get a Life: Setting your 'Life Compass' for Success

*Nicholas Bate*

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# Get a Life: Setting your 'Life Compass' for Success

Nicholas Bate

## Get a Life: Setting your 'Life Compass' for Success Nicholas Bate

- Get a Life focuses on raising self-awareness and finding proactive ways to improve your life.
- Guides you through six key areas of your life: Career, Mind/Body, Finance, Relationships, Fun and Contribution.
- Features text case studies and challenge points all designed to help you get to the heart of what it is that motivates you and what you wish to achieve.
- Challenges you to reflect upon the way you think and behave and provides strategies for implementing changes.

"*Get a Life* adds new and compelling dimensions to the idea of personal effectiveness both at work and at home. It balances some 'killer app' personal productivity tools alongside tremendous insights to manage your life goals and excellent advice on physical and mental well-being to achieve a winning performance-indispensable."

—**Mike Dunlop**, HR Manager, Sun Microsystems

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