



Dream It. List It. Do It!: How to Live a Bigger & Bolder Life, from the Life List Experts at 43Things.com

Editors of 43 Things, Lia Steakley

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Dream It. List It. Do It! is the ultimate do-it-yourself guide to self-improvement. Drawing from the true stories and experiences of the 1.5 million registered users of 43things.com, a Webby Award–winning social networking site, *Dream It. List It. Do It!* works on the proven principle that creating a life list, sharing your progress, and checking things off as done gives a person momentum toward a bigger and bolder life. *Dream It. List It. Do It!* offers over 5,000 life-changing ideas drawn from real people and organized in 43 categories—like Travel More, Create, Do Something Daring, Ignite Change, Expand My Education, Save the Earth, Love My Job, Finish What I Start, Be Healthier, Fix My Finances, Live in the Moment. Fundamental to the whole enterprise are the book's Ten Rules for Creating and Conquering a Life List, including #4 Maintain Between 20 and 43 Goals, #7 Make Your List Public, and #9 Document Progress. whether it's playing the piano, learning how to do a handstand, cooking a perfect paella—or something much more central to one's life, like "Be more spontaneous"—just putting a desired goal on your list is like shouting "Yes, I can!"

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