

# Download Get Out Of Your Mind And Into Your Life Ebook

Contrary to the cliché, a 'life list' isn't just about skydiving or traveling the world. It's about doing what matters, it's about getting clear on the things that are most important to you--in all areas of your life--and taking action to pursue them. I noticed I wasn't laughing much anymore. I knew I needed help. So I sought out advice to find simple ways to put laughter back into your life. You don't have to live overwhelmed by stuff--you can get rid of clutter for good! While the world seems to be in love with the idea of tiny houses and minimalism, many of us simply can't purge it all and start from nothing. Former FBI Hostage Negotiator Chris Voss has few equals when it comes to high stakes negotiations. Whether for your business or your personal life, his techniques work.” (Joe Navarro, FBI Special Agent (Ret.) and author of the international bestseller, What Every Body is Saying.)