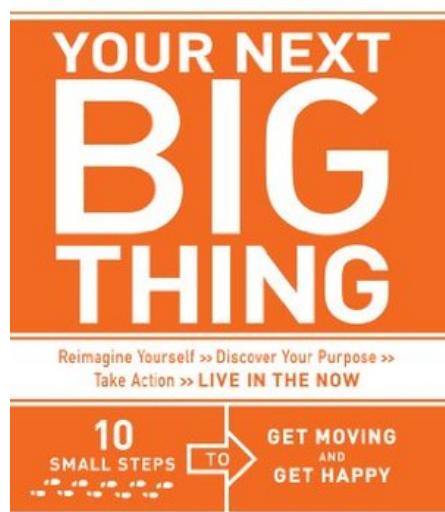


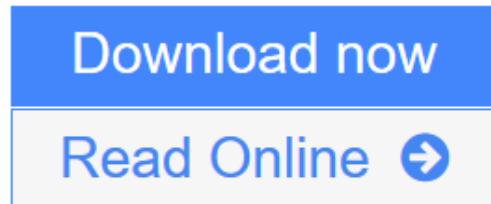
"... a highly practical and delightfully readable guide to how to make the most of your life by making the best of yourself."
—Sir Ken Robinson, Educator and New York Times Bestselling Author of *The Element: How Finding Your Passion Changes Everything*



Ben Michaelis, PhD

Your Next Big Thing: Ten Small Steps to Get Moving and Get Happy

Ben Michaelis



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Ben Michaelis

Your Next Big Thing: Ten Small Steps to Get Moving and Get Happy Ben Michaelis
Ten Steps to Moving Ahead with Purpose!

Have you ever woken up in the morning feeling unsure of where your day--or your life--is going? You wonder what else might be out there. You know you deserve more fulfillment from your life. You think to yourself: What's next?

We've all felt that way at one point or another, but have you ever considered it to be your opportunity to create a life that will leave you more fulfilled? It's an exhilarating prospect to attain that life you desire. But you can't get there alone. Dr. Ben Michaelis's life-changing wisdom will give you the tools and confidence you need to take that chance--and live your life with purpose.

Throughout this guide, he provides visionary yet practical strategies, quizzes, and exercises to teach you about your true self. He'll help you pinpoint exactly what you need to realize your purpose and progress toward your goals. Whether you're in need of business or personal guidance, this ten-step plan helps you look forward without fear--so you can achieve joy, passion, and the enriched life you never thought possible.

Your Next Big Thing: Ten Small Steps to Get Moving and Get Happy Details

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Genre : Nonfiction, Self Help, Personal Development, Health



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From Reader Review Your Next Big Thing: Ten Small Steps to Get Moving and Get Happy for online ebook

Joselin says

I am a writer so this book was basically written for me. I know it's easy to say, "You just have to do it!" but it isn't that easy or else we'd all have our lives figured out after watching a Nike commercial. But this is a book about motivation - THAT ACTUALLY MOTIVATES!! It helps you find meaningful goals and shows you the path to achieving them - but it does this by not emphasizing the achieving of them. Rather by breaking it down into ten steps, this book basically reminds you that it's about the journey. Movement. This book is about momentum, and then staying in motion. But it's action points are life changing.

Great book.

Reeby says

Your Next Big Thing is a motivational and instructional guide to figuring out what you want out of life and how to get there. It includes exercises for deciding what you want to do and for getting you moving in that direction so that you can meet your goals and live a happier life.

I enjoyed this book and thought the exercises were generally very helpful. It was nice to have specific things to think about and decide on because turning your life in a new direction can often be overwhelming and terrifying. Most of the book was made up of advice that seems fairly common sense in retrospect, but it breaks things down in a way that guides more organically. The book allows for growth as you follow through, each chapter and exercise building on the ones before. Overall this is a very good book for people who are feeling stuck or lost and want to make a change but aren't entirely sure how to go about it.

Justin says

Really great, practical book that gets you working on yourself. Not a book you can just read cover to cover- If you want to get the most out of it you need to get stuck into it! Do the exercises and work on yourself.

Derek says

This is an enjoyable and inspiring book, provided to me by the author. It is not one to read cover to cover, but browsing it, the reader is sure to find something uplifting. There are lots of examples, not all of which could possibly be applicable to any one person. But that's OK. For one things, they make good reading in any case.

Hooskadoo says

Gave this book 3 stars though I really couldn't read it. I won this title as a first reads giveaway but the copy that I received was in blinding bright orange type.

Sue Dennis says

You know how you say to yourself "I'll do xxx when I have more time", but you never seem to actually HAVE more time, so xxx doesn't get done? This book was great in making me see that I do that way too much. It has simple but useful suggestions and tools to get started on your next big thing (whether that be doing something creative, or getting a new job, or whatever) NOW, rather than later. In terms of writing style, I thought Dr Michaelis was both humorous and engaging, and I enjoyed reading the case studies. If you need help in seeing new possibilities in your life, or maybe you already know what you want to do/change but are lacking the confidence to do so, this book will help you take the first step towards doing it.

Terri says

Getting to the Next Big Thing with a Kick-Ass Life: A Tale of Two Self Help Books

Sometimes, you can get lost in your own life. You feel like you're in a rut and there it just no way out.

Tell me about it.

I wasn't going to just sit back and let life continue to pass me by, but I didn't know how to stop it from happening. So I started to read Your Next Big Thing by Ben Michaelis, PhD. A few days later, I was just looking for another book to read and picked up 52 Ways to Live a Kick-Ass Life by Andrea Owen, CPCC. While it wasn't intentional to read these two self-help books at the same time, I was interested to see which one would speak to me. Here's how it went.

Read more of this review: <http://beatlebabe84.blogspot.com/2014...>
