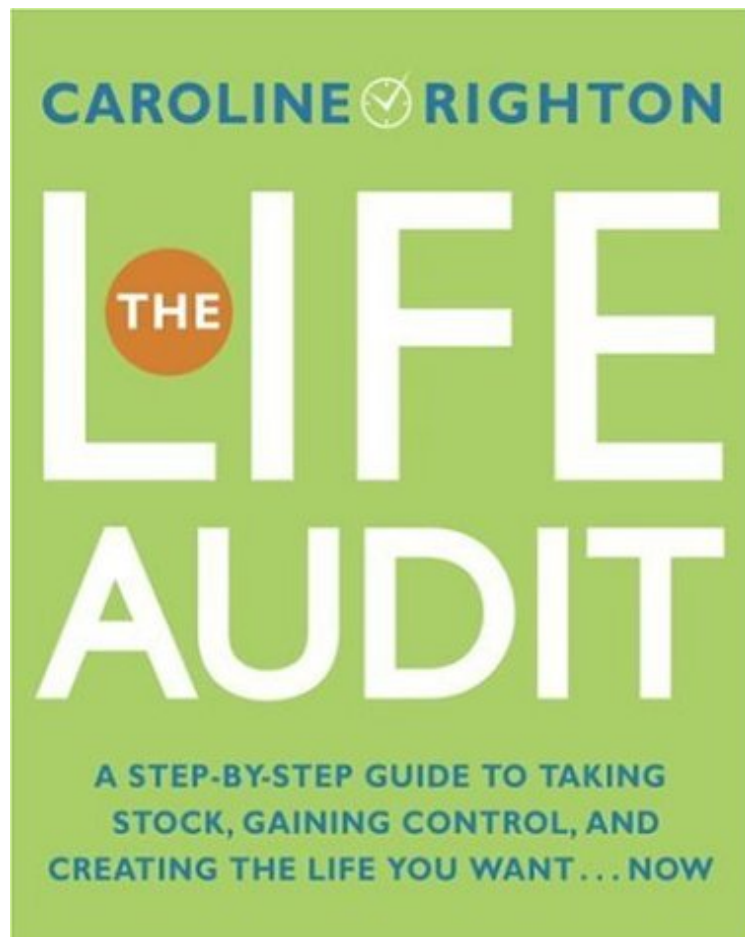


(Mobile book) The Life Audit: A Step-by-Step Guide to Taking Stock, Gaining Control, and Creating the Life You Want... Now

The Life Audit: A Step-by-Step Guide to Taking Stock, Gaining Control, and Creating the Life You Want... Now

Caroline Righton

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Caroline Righton : The Life Audit: A Step-by-Step Guide to Taking Stock, Gaining Control, and Creating the Life You Want... Now before purchasing it in order to gage whether or not it would be worth my time, and all praised The Life Audit: A Step-by-Step Guide to Taking Stock, Gaining Control, and Creating the Life You Want... Now:

0 of 0 people found the following review helpful. the first thing in a life audit is to get rid of time wasters and this book is one of themBy mjcI don't write reviews on books but this one was very disappointing. I bought a kindle version and couldn't read any of the charts. The information was unimpressive and generic, although I say this having not finished the book. Seriously the first thing in a life audit is to get rid of time wasters and this book is one of them. If I could return it, I would do so _ that's always the problem with kindle books.1 of 1 people found the following review helpful. I'd say 2 stars ... but I'm too nice for that I guess.By JP. JohnsonSkip the book and go to the website.

Okay - the book was wildly successful, but a lot of self-help junk is. There isn't really anything helpful past the first 35 pages or so, and the website will give you that and not ask you to make hundreds of photo copies. I personally would skip it all together rather than read this woman's words as she prattles on. I really want to give the book 2 stars because "I don't like it", but that wouldn't be fair. If it helps you, it helps you; but if it annoys you - don't say I didn't warn you. 9 of 9 people found the following review helpful. If you just don't know where to start...By Indigo FelleA lot of self-help books I've encountered start with a particular premise--for example, overcoming procrastination. The advantage of THE LIFE AUDIT is that you don't have to know where the problem lies before beginning the book--the book will help you identify that. If you like methodical programs where every step is thoroughly explained, this book may be for you. And the idea of the book--an audit--just makes me grin, it seems so original.Be forewarned (and this is a plus and a minus): this program is time-consuming and it is NOT a quick fix. Think of it as the Weight-Watchers equivalent of dieting--you have to write EVERYTHING down on the enclosed forms. If, however, you are willing to commit a half-hour every day (that's what the author says it will take to fill in the forms), the thoroughness of this program could be very beneficial.Final note about photocopying: as an earlier reviewer mentioned, the forms are very lightly printed in the back of the book. However, by setting my home photocopier (one of those printer/fax/photocopier ones) to photocopy a little darker, I've had no problem copying the forms. They come out a little light, but perfectly usable.

Ask yourself the big questions . . . Are you in control of your life?Do you find yourself wondering where the time goes?Are you at a crossroads, unsure of what lies ahead?Are you doing the things YOU want to do?Whether you want to simply make more time in a busy schedule or plan a whole new way ahead, Caroline Righton's The Life Audit is the solution you've been waiting for. This totally original life makeover looks at life like a balance sheet, and offers an innovative, practical plan to account for the precious minutes in your day and reallocate them for maximum fulfillment. Righton's easy, step-by-step process will help you evaluate, or "audit," the different areas of your life--from relationships and money to family, career, and more--and use simple worksheets to take stock of where you are and get on the fast track to where you want to be. By doing the Life Audit, you will: Discover exactly how you spend your daysPinpoint the periods when you are happiest and accomplishing the most"Audit" out the things and people that create stress and waste your timeSpot your potential and be brave about pursuing itMake changes that will lead to the life you wantComplete with worksheets, checklists, and the inspiring stories of people who have used Righton's remarkable road map with great success, The Life Audit is the ultimate plan for taking charge of your life and making every minute count. No matter where you are in life--a graduate searching for the perfect job or a retiree wondering how to make the most of your days--you can use this system to figure out where you want to go next. Packed with worksheets, charts, and checklists to walk you through the process, and inspiring real-life success stories from Righton's clients, The Life Audit is ready to help you take control of your life now--because every minute counts!

From Publishers WeeklyRestructuring your life is a messy and daunting task, and in this brisk, sensible book, British broadcast journalist Righton lays out a plan she calls the Life Audit, designed for the multitudes who are overwhelmed by their day-to-day routines. "The Life Audit is all about assessing your life and then analyzing everything so you can become an informed player in your own existence," explains Righton, who went through her own identity crisis when her two sons left for college. Creating fundamental change requires hard work and self-awareness, and the book presents 48 user-friendly worksheets on all aspects of life, from fitness to finances. Righton breaks down her solution into three stages: first, the Stocktake, where readers examine the state of their lives by using these forms and keeping a Daily Time Log. Second is the Breakeven phase for figuring out how to streamline time spent on must-do's and whittle down unnecessary or draining activities and relationships. Finally, you look ahead to achieving new life goals using the time you have freed up. This well-written and persuasive book was a bestseller in the U.K. and translates effectively to an American audience. (Apr. 11) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Many of us spend entirely too much time trying to be efficient at tasks we shouldn't be doing at all. The Life Audit is an eye-opening, life-changing process that will ensure your time is spent on the right activities." --Laura Stack, bestselling author of Leave the Office Earlier and Find More TimeAbout the AuthorCaroline Righton has worked as a broadcaster, producer and journalist but made the decision to leave her job as a TV executive after developing the Life Audit and auditing her own life. She now works as a freelance TV producer, consultant and writer. She lives in Devon and is married with two children.