



Reimagined: How amazing people design lives they love (and what they can teach you!)

Ian Breck

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BOOK REVIEW FROM RED SQUARE REVIEWS...

Red Square Reviewer's Choice 2012™

A new generation is rediscovering the true value and critical importance of a life well lived. Regardless of the motivation, imagining a life lived differently is something each of us does throughout our lives. However, it's our ability to transform those dreams into reality that distinguishes amazing lives from something less according to researcher and life design expert Ian Breck. As it turns out, humans are much better at dreaming about better lives than actually designing and creating them. Perhaps this is why fewer than 3% of all people report experiencing lives they love.

***Reimagined, How amazing people design lives they love* by Ian Breck, is an interactive book that sheds fascinating new light on how we imagine, design, and create our lives naturally - and how the simplest understandings about life and living well profoundly influence the lives we imagine and experience.** Based on more than two-and-a-half decades of research in life quality and life design, Breck introduces the idea that virtually all remarkable lives begin rather humbly with curiosity, passion, and a sincere desire to experience something more from life's experience. From these beginnings, concepts surrounding how we influence life's experience through behaviors, decisions, problem solving, and creativity are explored. Breck then introduces attention-grabbing observations about those who live truly exceptional lives to complete a practical life design framework anyone can use. Breck demonstrates clearly it's never too late to reimagine your life - then shows you how it's done.

While *Reimagined* provides a fascinating exploration of life design, it isn't the typical self-help tome we've come to expect from this genre. It's more of an enjoyable-read-slash-workbook-slash-course-guilty pleasure wrapped neatly in one package kind of thing. Throw out what you think you know about books like this. It doesn't apply here. Breck's easy-going, remarkably human, yet quite writerly style engages you with a mélange of stimulating stories, surprisingly understandable insights, and engaging questions that delivers an extraordinary learning and discovery experience every reader will feel somehow has been focused exclusively on them. *Reimagined* is a catalyst for thought, and its design places a firm emphasis on functionality without losing that comfortable leather-chair feeling every good read evokes. Perhaps the most intriguing experience *Reimagined* provides is Breck's skillful ability to transform you into the unwitting designer of your own life by the end of this book.

***Reimagined* delivers a compelling, insightful, and engaging exploration of life, its design, and how you can improve its experience naturally. It's smart, interesting, and designed to be used.** It quickly becomes apparent how life's experience benefits profoundly from simple understandings - and how little we truly understand about the design of our own lives and living them well. Ian Breck has created a superbly useful and usable resource for those seeking to take back the control, design, and experience of their own lives. - *Red Square Reviews Book and Film Reviews*

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