



## Life by Design

*Rick Brinkman, Rick Kirschner*

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# Life by Design

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## **Life by Design** Rick Brinkman, Rick Kirschner

Is your life as fulfilling as you envisioned it would be? Or do you feel the tug of discontent...the yawn of stagnation...the sense that joy is being sapped away by looming difficulties and everyday stresses. Perhaps life even seems to be unfolding beyond your control. You're not alone if you do. Chance, chaos, and adversity are constant forces in everyone's life. But amidst the inevitable challenges, you have the power to make choices. And through wise, positive choices, you have the power to change your life. Step by step, choice by choice, this book shows how to take charge of your life by making conscious choices that promote optimum physical and emotional well-being.

Complete with personal stories, real-life examples, and revealing exercises, LIFE BY DESIGN helps you pinpoint the values that are truly and uniquely yours; set specific, attainable goals, and align your goals with your actions; learn how to use exercise as a power generator; break free of limiting perspectives and self-defeating behaviors; make positive choices that neutralize the negativity in your life, work to build a lasting, loving relationship with your partner, and more.

Let LIFE BY DESIGN guide you to new attitudes and habits that will give you more energy, richer relationships, and a better quality of life. Dr. Rick Kirschner and Dr. Rick Brinkman are practicing naturopathic physicians and the co-owners of the training and consulting firm R&R Productions, Inc. They are also co-authors of the bestselling DEALING WITH PEOPLE YOU CAN'T STAND, as well as numerous audio and video programs. Dr. Kirschner lives in Ashland, Oregon. Dr. Brinkman lives in West Linn, Oregon.

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