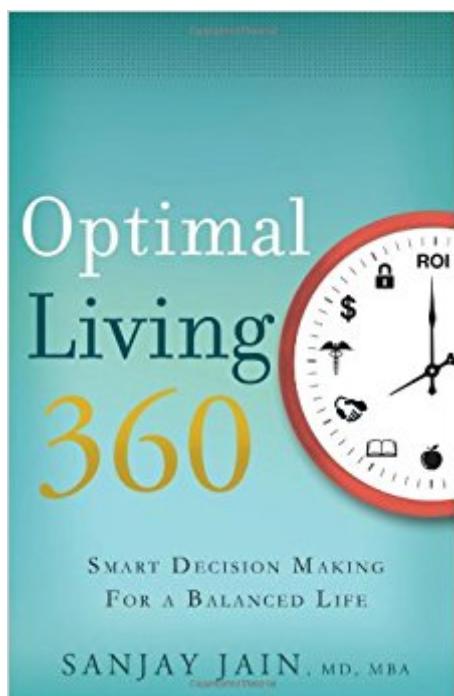


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# Optimal Living 360: Smart Decision Making For A Balanced Life



## Synopsis

NEW YORK TIMES BEST SELLER A program for making the most out of the present and future The biggest challenge is figuring out how to make decisions that improve your overall quality of life. In Optimal Living 360, Dr. Sanjay Jain introduces Integrative Decision Making, an approach that focuses on the big picture and teaches you how to make decisions to receive the highest return on investment in life. While sharing his life-changing discoveries, Dr. Jain guides you through the process of isolating your core values using his ASPIRES model. He then explains how to integrate those ideals or standards into the decision-making process in aspects of life such as health, money, relationships, leisure, and sex, among others. Each optimal decision you make brings you one step closer to finding balance and taking control. The easy-to-follow technique will help you make the best of any situation and maximize your return on each aspect of your multidimensional life, even if you're on a restrained budget or have minimal resources. Optimal Living 360 is refreshingly comprehensive and a revolutionary approach to personal fulfillment. @SanjayJainMD

## Book Information

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## Customer Reviews

"Libraries would do well to purchase Optimal Living 360" - Library Journal "[A] smart and useful guide to achieving a balanced life." - Publishers Weekly "With humor and humility, Jain blends common sense with valuable research in this all-encompassing guide to life." - Foreword Reviews "A whirlwind of advice in his comprehensive debut guide to health and well-being." - Kirkus Reviews "A revolutionary inspirational book . . . compelling and powerful." - Readers' Favorite, "Optimal Living 360 offers an extensive and encouraging action plan that puts you in charge of balancing life and prospering." - IndieReader, "IndieReader, "Optimal Living 360 offers an extensive and encouraging action plan that puts you in charge of balancing life and prospering."

â^... â^... "Brilliant! Sanjay Jain's Optimal Living 360 is a business plan for life. Read it, apply it's principals and enjoy the results."- David Bach #1 New York Times bestselling author, Start Late, Finish Rich and The Automatic Millionaire"Dr. Sanjay Jain is the perfect expert to help you get your life on the right track with a positive attitude with a balanced career!" - James R. Andrews M.D. Renowned Orthopaedic Surgeon with high profile patients from the NFL, MLB, NBA, and PGA."Dr. Sanjay Jain expertly reframes the discussion of a well-rounded holistic life and will be a tonic for those trying to align the need for satisfaction with the realities of work and life." - Keith Ferrazzi, #1 New York Times Bestselling Author, Who's Got Your Back?"Balance, harmony, and an excellent return on your investment--in Optimal Living 360, Dr. Sanjay Jain offers the perfect trifecta on personal net worth. A must-read!"- Kimberly Foss New York Times bestselling author, Wealthy by Design

Preface (Excerpted from book)Warning! I want to give you a heads-up first before you read any further. This book may actually give out too much information. Yes, that's right: TMI. Conventional wisdom and rule of thumb suggest sticking to only a few topics. Guess what? This is not your conventional book. I am not going to follow the herd on this one. Why not? Because we all live multidimensional lives; as human beings we have a complex makeup in a very complex world. We can't afford to be masters of one domain yet be completely deficient or devoid in all the others. No one is perfect, including yours truly. We all have our unique strengths and weaknesses. I have had my share of life's blunders, tragedies, failures, or whatever you want to call them. Yes, I have fallen on the mat quite a few times. Despite being battered and bruised in the figurative sense, I have continued to pick myself up. My journey of ups and downs has given me a greater appreciation of life's many twists and turns. I have had to learn about some of my own imperfections and insecurities. How does one deal with and reconcile them? The fact is they simply aren't limited to one particular category. In terms of spirituality and religion, I have had times when I had internal conflicts and doubt to a point of existential confusion. In terms of health, I have had a few scares along the way. My relationships have come with their challenges as well as their rewards. And, of course, I have not been immune to the recent economic storm. How do you navigate and survive this wilderness called life? There is so much information out there, it's a bit overwhelming to try to gain perspective and understanding. It's even more frustrating when you try focusing on one problem but still need help with several other issues. Who can you go to for help? What should you read? When I was in that situation, I didn't want to walk out of a bookstore or library with ten books on various self-improvement subjects. I wanted to find one book that would give me a snapshot of

life. I never found it--until now. It's right here in your hands. You are holding it. This book was born from my own search for clarity and meaning. My goal is for you to get the absolute maximum of information possible from it. In other words I want you to have a very high return on investment (ROI). Toward that end I've included everything but the kitchen sink in this book. I want every page you turn to be of great value. There are a lot of areas to master. The point is not to be a superstar in everything. If you are simply well informed, you will be able to reach levels of mastery in several areas. Why not? We should all strive to find balance in life and excel in as many areas as we possibly can. I have complete confidence you can do this. We all have potential; by tapping into it, our limits are boundless. In reading this book, you have taken the first step toward better living. However don't expect to make wholesale changes overnight. It's a process. Rome wasn't built in one day. This book is meant to kick-start your journey, to give you a few pointers to build on. You will likely have to go back and reread and review things on occasion. Once you start noticing positive results, I am sure you will want to keep going. Even if you're not ready for immediate change, simply being aware of the possibilities will help you set future goals.

The book "Optimal Living 360" was my first experience with this authors work. I welcomed the chance to read this self-help book when I was offered it in exchange for an honest review. Being a long-time follower of authors such as Bob Proctor, Tony Robbins and Jim Rohn; I'm always interested in another point of view on ways to live a more productive, but satisfying lifestyle. Even after being warned in the description of the book, I found this authors advice a bit much to take in all at once. Although not an unusually large book, each chapter required a bit of time to digest. There really is a lot to ponder, contained in this authors writing. This book is definitely not a one-time read. I plan on returning to re-read this book regularly to help remind me to think of my personal ROI's in different ways. I'm sure I'll also pick up nuggets of wisdom that I have missed as well. This time reading through the book, a couple areas acutely caught my attention. Firstly, considering my ROI in my personal relationships with others. And secondly I never considered the "Law of Diminishing Returns" and its impact when it came to my personal life. These two things are definitely going to take some time for me to sort out for myself. Anyway, I'm still enjoying the book and I believe I will get a lot from it, each time I read it. I really think you'll like it too!

While many self-help books attempt to address a specific issue or problem, this book takes a fresh approach to the never-ending quest for personal fulfillment by focusing on the big picture with a unique and innovative attitude. Dr. Jain combines his experience as a board certified physician with

an impressive business background to speak with an uncommon sensibility and understanding that rings undeniably true. Dr. Jain encapsulates his core strategy into a system he calls his ASPIRES model. This system serves as the foundation toward making rational decisions that ultimately lead to balance in our lives. An attractive feature of this book, for me, is that Dr. Jain writes in a friendly and forthright manner without using unnecessary technical jargon. His advice often reads more like it is coming from a worldly and brilliant uncle than from an accomplished medical doctor. Dr. Jain essentially provides a toolkit and the basic instructions for using them in our efforts to build a fulfilling and stable life. He guides our hand carefully in driving in the first few nails and, after we get the hang of it, he assures us that we are capable of building the rest on our own. This book provides us with the hammer, nails, and blueprint toward building a happier and more successful life.

I liked this book a lot. As a retired teacher, I would have loved to have seen a course for students based on the material in this book. This book helps one narrow down and find their core values along with offering a life plan for successful living. I see so many people unhappy with their job, their life, their debts and yet another year passes (and another) and nothing has changed unless they are laid off, deeper in debt or divorced. This book offers a plan to get off of the hamster wheel and do something about it versus watching another year go by. I also liked the author's comments on ROI and how to find the ROI when you do things. This was probably the most meaningful part of the book for me. Would people make the same choices if they were considering the ROI? Excellent read that is not only thought provoking but provides a course of action.

I'm not usually a big fan of self help books, so I will always be a bit skeptical when someone recommends and advice book. This one surprised me from the start. It's not a narrowly focused "must do-it this way" approach. As author Sanjay Jain states he gives too much information, "This is not your conventional book." This isn't a bad thing at all, and it actually makes you think about ways to apply and improve on his advice in our lives. One way this book really stands out is Dr Jain is not only a medical doctor, but has an MBA as well. This really shows, in how he can tie physically healthy living to healthy finances and money management. His philosophy is that we can't afford to be masters of one domain yet totally deficient in all others. I can defiantly recommend this book for anyone looking to improve integrative decision making, and living optimally. Basically how to think about all aspects of your life and what things will be impacted when making decisions. I have always thought myself to be pretty good in this area, but I have still picked up some useful ideas for improvement. So do yourself a favor and don't discount this advice, even if you feel you are an

expert.

When "Optimal Living 360: Smart Decision Making for a Balanced Life" first came to my attention I wondered if it really had any words of wisdom or truly a insightful and practical guide to a balanced life... and I was happy to have that skepticism blown right out of the water. This book is something I wish I had when I was younger and made unwise decision that left me so much farther from my life goals than I had originally been. It's a smart and practical book that guides you through Dr. Jain's thoughtful and insightful approach to life and decision making that really helps to center your thoughts, goal and actions in life. It's a well-written book with a straightforward and easy to understand writing style, making it easy to glean every ounce of insight and help from the author's experience and skills to truly make the most of life and go into every decision making process with more confidence and more streamlined decision making. Overall, I found the book to be incredibly thought-provoking and useful in making me feel ready and able to approach life smarter, with more balance in mind.

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