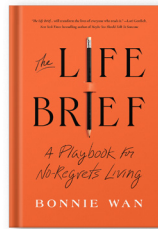


BOOK INFORMATION



TITLE

The Life Brief: A Playbook for No-Regrets Living

AUTHOR

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GENRE

Personal Growth/Success
(Self Help), Personal Memoir
(Biography and Autobiography),
Personal Success
(Business & Economics)

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BOOK SYNOPSIS

Learn to make meaning out of messiness.

We all have moments when we doubt the path we're on. Is this the career for me? Am I in the right relationship? Is this as good as it gets?

The Life Brief is a profound practice that distills brand strategy into its simplest, clearest, and most effective form to help people transform even the most troubling sense of dissatisfaction into meaningful action and sustainable change. Modeled after the creative brief used by the world's most innovative companies, The Life Brief helps people get clear and live with greater intention and imagination.

Designed by brand strategist turned life strategist Bonnie Wan, The Life Brief is a practice in three parts:

GET MESSY: A set of quick yet penetrating prompts that cut through false assumptions and limiting beliefs about what's possible to uncover what matters most.

GET CLEAR A clarifying series of questions that reveal what you truly, deeply want.

GET ACTIVE: Brave, bold strategies that ignite the momentum to transform your life.

Born from her own experiences of deep dissatisfaction, Wan's life briefs have propelled her career, saved her marriage, centered her parenting, and emboldened her sense of self. As her own approach toward moving through the world began to shift, Wan was inundated with requests to share the secret of her newfound clarity. She began teaching life briefing to others and has transformed thousands of lives in just a few short years. This is a practice for unpacking complexity with curiosity, shifting attention to drive action, and challenging or reframing the norms that create friction in your life. The Life Brief gives you permission to get clear about your truths and chase your goosebumps while staying grounded in what matters most. Everyone deserves to live a soul-satisfying life, so don't let another moment pass you by. Discover The Life Brief and find your path today.