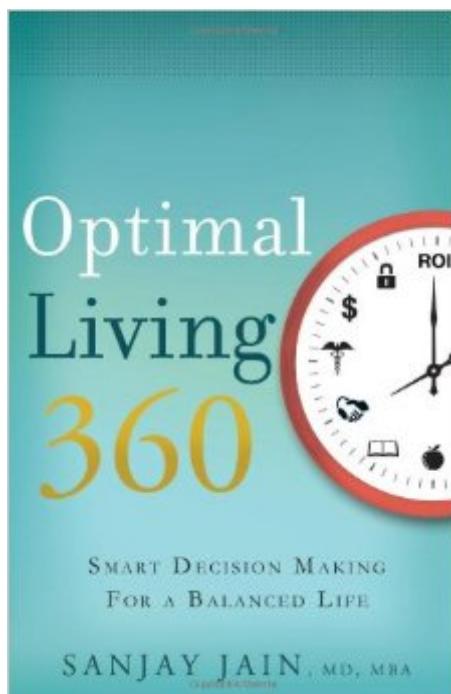


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# Optimal Living 360: Smart Decision Making For A Balanced Life



## **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**

One of the problems with our educational system is that students are taught a lot of information but they are not taught how to apply that information in the proper context of life. Therefore we have a large percentage of adults that do not know how to make decisions which will help them live a balanced life. Dr. Sanjay Jain, author of Optimal Living 360, has written a comprehensive book that teaches the techniques for making better decisions and then goes on to illustrate how to apply those techniques in the most important areas of our lives. Dr. Jain writes from a unique perspective. First he is a medical doctor. After a few years of medical practice, he realized that his business skills

were lacking, so he went back to school to acquire an MBA. If we hope to achieve a state of optimal living, we must know how to take care of our health. In addition, since we live in a materialistic world, we must know how to manage our finances. Dr. Jain covers both these areas in detail. He uses the acronym ASPIRES to represent the topics he covers in the book. ASPIRES stands for Assets, Safety, Physical, Intellectual, Relationships, Economic and Spiritual. He uses another acronym CAPS to teach how to protect our assets. CAPS stands for Core Assets Protection Strategies. Dr. Jain starts by teaching proper methods for making sound decisions. The quality of our lives is determined by the quality of our choices - decisions. If we are not skilled in making good decisions, we will not have the quality of life we desire. Then he walks the reader through each of the assets, starting with Safety and going through Spiritual. He gives very good, sound, easy to implement advice on how to protect our core assets. Dr.

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