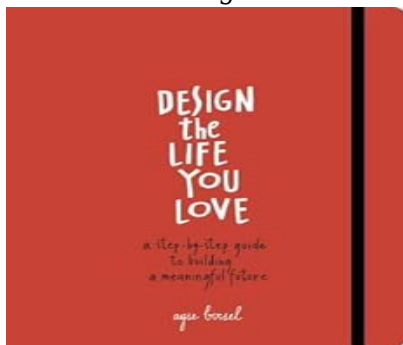


## Design the Life You Love By Ayse Birsel

35 Stars Book Received in Exchange for Honest Opinion Review I internally suealed okay and maybe a bit out loud when this arrived in the mail and I was awarded a coveted spot on this blog tour What a lot of you don't know is I am obsessed with planning and organizing to the point where I will shamelessly admit my closet is color coated and sorted by sleeve length I just love organizing and this workbook provided me with a way to re think how I feel about things in my life It was really about re directing your thought process and almost converting me from a girl half empty glass to a girl half full glass Everytime you open the workbook you are to spend five minutes doodling anything and everything that comes to your mind I praised the Heavens that I was the only one to see my horrendous doodles but it was an excellent way to get the creative juices full Then the book proceeds to break down your life What are your priorities where do you want to go It really deconstructs and reconstructs your life All while making me smile with the cute motivational messages and inspirational statements Design the Life You Love doesn't make you feel overwhelmed by the daunting task of re focusing and re prioritizing your life but breaks it down into something whimsical and fun Granted you aren't going to see instantaneous results but life is a journey and Design the Life You Love is something you want for the trip 9781607748816 A lovely technique for the visual artistic or creative among us Kind of trendy with the cooking deconstruct reconstruct theme and spoke mapping 9781607748816 uick light Some good exercises 9781607748816 I finished reading it but now I have to DO it 9781607748816 If you enjoy making mind maps or sketches when planning or problem solving you may like this But as a writer in the midst of a mid life crisis I found absolutely nothing of value in this book I wanted information Strategies Thought provoking uestions I am a chronic highlighter and I did not highlight a single sentence in this It's especially worthless as an ebook because it's mostly blank pages for you to draw upon and childlike drawings from her own journal and those of people in her workshops I'm sorry but I can't think of anyone who would actually benefit from this book 9781607748816 A joyful inspirational guide to building the life you've always dreamed of using the principles and creative process of an award winning product designer Life just like a design problem is full of constraints time money age location and circumstances You cannot have everything and if you want out of it you have to be creative about how to make what you need and what you want co exist This reuires design thinking Design the Life You Love uses a simple but proven creative thinking and design process to give ordinary people new tools to think about life differently and also includes fascinating examples from the world of art and design that relate to each step of the process plus guided creative exercises Turn constraints into opportunities with optimism and holistic thinking using four simple steps taking the whole apart forming a new point of view putting it back together and giving it form The striking design and Ayse Birsel's hand drawn art and type set off her brilliant life changing design process empowering and inspiring readers to create a better life Design the Life You Love For as long as I can remember I've had a deep love for "fill in" books You know—the kind where you fill out lists or answer uestions about yourself or answer writing prompts? Those kind Like the geek I am it feels like homework and I dig it So when I saw this as an option on Blogging for Books I was like hell yeah A fill in book And not just any fill in book—a fill in book about my second favorite topic—goals and self improvement I had a few ualms when I initially flipped through this book—it seemed a little bit doodly and disorganized Generally overwhelming But as with any book it's important to flip through page by page Though there are some fill in bits most of it is random doodled stuff Overall I didn't feel that I got much out of the designing my life experience—at least I didn't reveal anything crazy or amazing I wasn't terribly pleased with this book The marketing is great on it—but it didn't deliver LI received a copy of this book from Blogging for Books in exchange for an honest review 9781607748816 I have to admit when I first got this book I was a little disappointed For whatever reason I thought it was going to be different than what it actually is I thought that it would be a bit on the artsycraftsy side of things to help me figure out how to build a meaningful future And while it is this to a certain extent I had wanted it to be so However once I got to looking at it closer I do really

like the concept of the book The purpose of Design the Life You Love is to help you the reader look at your life and the things in your life differently To have a proactive approach to it This book is like a workbook than anything else Design the Life You Love is set up into differing sections an introduction warm up deconstruction point of view reconstruction expression living the life and the end is only the beginning Each section works to guide you to the over all goal of the book changing the way you think about your life There are activities sayings and things to think about in each section It is really uite cool I really like also that Design the Life You Love repeatedly tells you to use a sketchbook to continue on with certain activities once you run out of space in the book itself It also has templates for you to follow for later This really lends to letting you use this book over and over again I think that is absolutely fantastic So while Design the Life You Love didn't end up being what I thought it was going to be it is still a really great and useful book If you are looking to find something to help you get a new outlook on your life and to help get you thinking proactively you should really check it out This review is based on a copy provided by Blogging for Books in exchange for a fair and honest review Find of my reviews here 9781607748816 This is a good little book for a thought exercise or two about your life Not enough substance to be a life changer though 9781607748816 As a designer it discouraged me Of course I'm of a promotional aspiring book cover designer so totally different thing It's a great way to look at life in a different or new life; but at the end most everything it's telling you isn't very new This is not the self help that will change your life Or at least it didn't change mine I will say that's because I don't think this book was meant for someone at my point in life I do hope that one day it might help change my life if I need it I received this book from Blogging for Books for this review 9781607748816 According to the Goodreads reviews people had huge expectations from this book I didn't Some parts are very interesting and engaging some are not Having dot points about the design of life is a nice techniuie but graphic designer and her philosophical approaches to the world is a bit unsalty Of course there are no any innovations about self help or personal development context Nevertheless if you are on the eve of changes the book can be useful Various interesting exercises can be found I may say that I am on the eve of something so there is a particular uantity of benefits in my mind 9781607748816



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