



Live It!: Achieve Success by Living with Purpose

By Jairek Robbins



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Every person you meet is either a warning or an example. Which are you?

Jairek Robbins, decorated performance coach and lifestyle entrepreneur, guides you through his proven, step-by-step process for filling the gap between where you are today and where you want to be. In reassuring and easy-to-understand language, Robbins helps you build a strong foundation for authentic happiness.

Each chapter is strategically designed to engage you with personal reflections and challenges that will encourage you to make immediate improvements to your everyday behavior. Robbins's uplifting method will give you the tools you need to avoid the distractions in your life and concentrate on the areas that deserve the biggest focus, including health, family, intimate relationships, your professional life, and spirituality.

Robbins leads you toward a life of growth and contribution that will enable you to become the happiest, healthiest, and most fulfilled version of yourself—and inspire you to help others do the same.



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Editorial Review

Review

“I loved Jairek Robbins’s new book *Live It!*. In it he gives practical steps to creating the meaning and fulfillment in life—the meaning that lies deep within every desire and motivation we have. He explains how giving back, helping others, or contributing who and what we are, is what really matters in life. But you can’t skip to this ideal without first mastering the art of finding meaning in the moments that make up each day of your life. Jairek takes us on his journey of how he discovered this knowledge himself and how he has validated these techniques with thousands of clients. Now in *Live It!* Jairek presents these steps to a fulfilling life in a fun and engaging book that can lead you to the life you have always been looking for.” —Deepak Chopra, author of *The Future of God*

“Robbins's passion for helping others discover and live their dreams infuses every page of *Live It!*. With each step clearly, and entertainingly, explained, it's a perfect guide for breaking ineffective habits and transforming a daily routine into your ideal vision for life.” —Keith Ferrazzi, #1 *New York Times* bestselling author of *Never Eat Alone* and *Who's Got Your Back*

"This book shows you how to develop meaning and purpose in life, and then to make a difference in the lives of others." —Brian Tracy, author of *The Power of Self-Confidence*

About the Author

Jairek Robbins was born in Santa Monica, California. He is a decorated performance coach and lifestyle entrepreneur who has applied his innovative methods to living a life of adventure, philanthropy, and entrepreneurship. At the age of twenty-three, Robbins was awarded the Congressional Award Gold Medal from the United States Congress. By twenty-five, he gained international renown as the creator of a revolutionary approach to maximizing personal performance that accelerated organizational success for a wide range of businesses. He has a psychology degree from the University of San Diego.

Robbins’s personal journey has included circumnavigating the globe on a ship, helping build schools and houses in multiple countries, cage diving with great white sharks, encountering silverback gorillas in Rwanda, and working as a volunteer in underdeveloped regions. He supports a number of charities and nonprofits, such as the Change Heroes and the Pencils of Promise Foundation.

Users Review

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Jackson Ponce:

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